



Adult Care Center of the Northern Shenandoah Valley, Inc.

2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Hangman <sup>C, S</sup> : Apple Blossom Raise Up Hand <sup>S, C</sup>	Word Charts <sup>C, S</sup> Art /Craft <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	<b>Happy Apple Blossom!</b> <b>We are closed!</b>
11:00-11:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Ring Toss <sup>S, P</sup>	Word Scramble <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Crossword Puzzle <sup>C, S</sup> Expressive of Art <sup>S, C, Pr.</sup>	
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	
2:00-2:45	Lawn Darts <sup>S., C., P.</sup> Drum Circle <sup>Pr., S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Best 10 <sup>C, S</sup> Bingo Games <sup>S, C</sup>	Big Words & Small Words <sup>C, S</sup> Shake the memory <sup>C, S</sup>	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Trivia <sup>C, S</sup> Wheels of Fortune <sup>S, C</sup>	Family Feud <sup>C, S</sup> Bowling Game <sup>S, P</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Hedbanz <sup>S, C</sup> Connect 4 <sup>S, C</sup>	
4:00-4:30	Relaxing Conversation <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Bowling Game <sup>S, P</sup> One on one projects <sup>Pr.</sup>	
	8	9	10	11	12
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Mother's Day (14th)!</b>
10:00-10:50	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Big Words & Small Words <sup>C, S</sup> Chimes <sup>Pr., S, C</sup>	Hangman <sup>C, S</sup> Origami <sup>S, C, Pr.</sup>	Word Charts <sup>C, S</sup> Art/Craft <sup>S, C, Pr.</sup>	Ring Toss <sup>C, S, P</sup> Jeopardy <sup>C, S</sup>
11:00-11:45	Best 10 <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Crossword Puzzle <sup>C, S</sup> Raise up Hand <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Connect 4 <sup>S, C</sup> Music Appreciation <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Karaoke <sup>C, Pr., S.</sup> Bowling Game <sup>S, P</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Shake the memory <sup>C, S</sup> Trivia <sup>C, S</sup>	Word Scramble <sup>C, S</sup> Pictionary <sup>S, C</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Family Feud <sup>C, S</sup> Book Club <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Relaxing Conversation <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Words of Wisdom <sup>C, S</sup> Wheels of Fortune <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	15	16	17	18	19
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Dee!</b>
10:00-10:50	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Word Charts <sup>C, S</sup> Coloring <sup>Pr. C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Jeopardy <sup>C, S</sup> Crossword Puzzle <sup>C, S</sup>	Hangman <sup>C, S</sup> Chimes <sup>Pr., S, C</sup>
11:00-11:45	Best 10 <sup>C, S</sup> A-Z <sup>C, S</sup>	Crossword Puzzle <sup>C, S</sup> Target Toss <sup>C, S, P</sup>	Origami <sup>S, C, Pr.</sup> Target Toss <sup>C, S, P</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Wheels of Fortune <sup>S, C</sup> Drum Circle <sup>Pr., S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	100 Or Bust <sup>S, C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Connect 4 <sup>S, C</sup> Finish that Lyrics <sup>S, Pr.</sup>	Bingo <sup>S, C</sup> Conversation Ball <sup>C, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bean Bag Toss <sup>C, S, P</sup> Trivia <sup>C, S</sup>	Family Feud <sup>C, S</sup> Story Writing <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Word Scramble <sup>C, S</sup> Bowling <sup>S, Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Raise Up Hand <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Relaxing Conversation <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	22	23	24	25	26
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Hedbanz <sup>S, C</sup> Hangman <sup>C, S</sup>	Word Charts <sup>C, S</sup> Collage <sup>C, S</sup>	Drum Circle <sup>Pr., S, C</sup> Word Scramble <sup>C, S</sup>	Trivia <sup>C, S</sup> Art /Craft <sup>S, C, Pr.</sup>	Price is Right <sup>C, S</sup> Chimes <sup>Pr., S, C</sup>
11:00-11:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P</sup>	Crossword Puzzle <sup>C, S</sup> Lawn Darts <sup>C, P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Best 10 <sup>S, C</sup> Name That Tune <sup>S, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C</sup> Connect 4 <sup>S, C</sup>	Jeopardy <sup>C, S</sup> Card Game <sup>S, C</sup>	Bingo <sup>S, C</sup> Origami <sup>S, C, Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Family Feud <sup>C, S</sup> Pictionary <sup>C, S</sup>	Big Words & Small Words <sup>C, S</sup> Book Club <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bowling Game <sup>S, C</sup> Trivia <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Round table talk <sup>C, S, R</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Words of Wisdom <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	29	30	31		
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword		
10:00-10:50	<b>Happy Memorial Day! We are closed!</b>	Word Charts <sup>C, S</sup> Coloring <sup>Pr., C., S.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>		
11:00-11:45		Crossword Puzzle <sup>C, S</sup> Bean Bag Toss <sup>C, S, P</sup>	Bingo <sup>S, C</sup> Raise Up Hand <sup>S, C</sup>		
12:00-1:55		Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>		
2:00-2:45		Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>		
3:00		Refreshments	Refreshments		
3:30-4:00		Big Words & Small Words <sup>C, S</sup> Lawn Darts <sup>C, P, S</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>		
4:10-4:30		Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>		

\*Alternative activities will be offered as requested

May is...

- National Stroke Awareness Month
- National Month of Hope
- National Military Appreciation Month
- National Chamber Music Month
- National Strawberry Month
- National Bike Month

**Personal Workshop**

Jigsaw Puzzles  
Crossword/Word Search  
Reminisce  
Coloring  
Indoor/Outdoor Walks (depending on temperature)  
Music & Memory

**Exercise & Wellness Groups:**

\*2 choices are offered to participants daily\*

Upper Body: Weight lifting  
Medicine Balls  
Theraband  
Hand Grippers  
Wellness (Mind & Body): Chair Yoga  
Core Focus: Chair Pilates  
Lower Extremity: Virtual Cycling Club  
Active ROM: Parachute  
Fun band  
Armchair Exercise

\*\*Offered throughout the day to ensure person centered care\*\*