



Adult Care Center of the Northern Shenandoah Valley, Inc.  
2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>	<b>2</b>
9:00-9:50				Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50				Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Ring Toss <sup>C, S, P</sup> Jeopardy <sup>C, S</sup>
11:00-11:45				Hangman <sup>C, S</sup> Target Toss <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
12:00-1:55				Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>
2:00-2:45				Crossword Puzzle <sup>C, S</sup> Expressive of Art <sup>S, C, Pr.</sup>	Karaoke <sup>C, Pr., S</sup> Bowling Game <sup>S, P</sup>
3:00				Refreshments	Refreshments
3:30-4:00				Hedbanz <sup>S, C</sup> Wheels of Fortune <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30				Bowling Game <sup>S, P</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Hazel!</b>	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	Best 10 <sup>C, S</sup> Connect 4 <sup>S, C</sup>	Chimes <sup>Pr., S, C</sup> Word Scramble <sup>C, S</sup>	Hangman <sup>C, S</sup> Origami <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Jeopardy <sup>C, S</sup> Coloring <sup>Pr. C, S</sup>
11:00-11:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</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/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>
2:00-2:45	Ring Toss <sup>C, S, P</sup> Music Appreciation <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Word Charts <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Big Words & Small Words <sup>C, S</sup> Expressive of Art <sup>S, C, Pr.</sup>	Drum Circle <sup>Pr., S, C</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>	Bean Bag Toss <sup>S, C</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>	Wheels of Fortune <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	12	13	14	15	16
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	Best 10 <sup>C, S</sup> Drum Circle <sup>Pr., S, C</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	Wheels of Fortune <sup>S, C</sup> A-Z <sup>C, S</sup> ; Summer	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/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>
2:00-2:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bingo <sup>S, C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Word Scramble <sup>C, S</sup> Finish that Lyrics <sup>S, Pr.</sup>	100 Or Bust <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>	Connect 4 <sup>S, C</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 Conversation <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	19	20	21	22	23
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 <b>First Day of Summer</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Donald!</b>
10:00-10:50	<b>Juneteenth National Independence Day. We are closed!</b>	Word Charts <sup>C, S</sup> Coloring <sup>Pr. 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>	Big Words & Small Words <sup>C, S</sup> Chimes <sup>Pr., S, C</sup>
11:00-11:45		Crossword Puzzle <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</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>
12:00-1:55		Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ 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> Hedbanz <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
3:30-4:00		Bingo <sup>S, C</sup> Words of Wisdom <sup>C, S</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		Book Club <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	26	27	28	29	30
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Sarah (24th)!</b>	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	Regular Exercise <sup>P, S</sup> Cycling <sup>P</sup>	Word Charts <sup>C, S</sup> Coloring <sup>Pr., C., S.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Best 10 <sup>S, C</sup> Raise Up Hand <sup>S, C</sup>	Price is Right <sup>C, S</sup> Name That Tune <sup>S, Pr.</sup>
11:00-11:45	Family Feud <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Crossword Puzzle <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Bingo <sup>S, C</sup> Chimes <sup>Pr., S, C</sup>	Crossword Puzzle <sup>C, S</sup> Bean Bag Toss <sup>C, S, P</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
12:00-1:55	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects <sup>Pr.</sup>
2:00-2:45	Big Words & Small Words <sup>C, S</sup> Lawn Darts <sup>C, P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Hangman <sup>C, S</sup> Crossword Puzzle <sup>C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Word Scramble <sup>C, S</sup> Expressive of Art <sup>S, C, Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia <sup>C, S</sup> / Connect 4 <sup>S, C</sup> Pictionary <sup>C, S</sup>	Bowling Game <sup>S, C</sup> Wheels of Fortune <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Music Hangman <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	Round table talk <sup>C, S, R</sup> One on one projects <sup>Pr.</sup>	Words of Wisdom <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

\*Alternative activities will be offered as requested

June is...

- African American Music Appreciation Month
- National Iced Tea Month
- National Great Outdoors Month
- National Camping Month
- National Dairy Month
- National Rose 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\*\*