

## $\begin{tabular}{ll} Adult Care Center of the Northern Shenandoah Valley, Inc. \\ 2023 \end{tabular}$



	MONDAY	THEODAY	MEDNECDAY	THIDODAY	EDIDAY
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
9:00-	Morning News Hour/ Participants	We are closed!	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:50	Choice: Word search/Crossword	We are closed.	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword
					Global Forgiveness Day
10:00-	Raise up Hand S, C		Regular Exercise P, S	Regular Exercise P, S	Jeopardy <sup>C, S</sup>
10:50	Chimes Pr., S, C		Cycling P, S	Cycling P, S	Bean Bag Toss C, S, P
		. 6 a y	, ,		
11:00-	Crossword Puzzle C, S	HEDDY	Hangman <sup>C, S</sup>	Word Charts C, S	Regular Exercise P, S
11:45	Hedbanz S, C	Tradenardana	Pictionary <sup>C, S</sup>	Target Toss S, C	Cycling P, S
		Ondependence	<u> </u>		
12:00-	Lunch & Relaxation/	DAY	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:55	Relaxing outdoor chatting/	ASSESSED OF ST.	Relaxing outdoor chatting/	Relaxing outdoor chatting/	Relaxing outdoor chatting/
	One on one projects Pr		One on one projects Pr	One on one projects Pr.	One on one projects Pr
2:00-	Regular Exercise P, S		Crossword Puzzle C	Family Feud <sup>C, S</sup>	Bingo S, C
2:45	Cycling P		Shake the memory <sup>C, S</sup>	Word Scramble C, S	Ring Toss C, S, P
			Expressive of Art S, C, Pr.		
3:00	Refreshments		Refreshments	Refreshments	Refreshments
3:30-	Trivia <sup>C, S</sup>		Midweek Movie Matinee R	100 Or Bust S, C	Friday Frolic R
4:00	Bowling Game S. P		One on one projects Pr.	Wheels of Fortune S, C	One on one projects Pr.
	20 Willing Cullio		gne on one projects	Wilesia of a studie	gne on one projects
4:00-	Round table talk <sup>C, S, R</sup>		Midweek Movie Matinee R	Words of Wisdom C, S	Friday Frolic R
4:30	One on one projects Pr.		One on one projects Pr.	One on one projects Pr.	One on one projects Pr.
	10	11	12	13	14
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:50	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword
7.50	National Kitten Day	All American Pet Photo Day	Choice. Word search Crossword	Choice. Word Scarcily Crossword	Choice. Word Scarchy Crossword
10:00-	Best 10 <sup>C, S</sup>	Chimes Pr., S, C	Hangman <sup>C, S</sup>	Crossword Puzzle <sup>C, S</sup>	Karaoke <sup>C, Pr., S</sup>
10:50	Connect 4 S, C	Word Scramble <sup>C, S</sup>	Art & Craft: Sun Catcher S, C, Pr.	100 Or Bust <sup>S, C</sup>	Crossword Puzzle <sup>C, S</sup>
10.50	Connect 4	Word Scramore	Tire & Crure. Buil Cutcher	Coloring Pr. C. S	Crossword r dzzie
11:00-	Regular Exercise P, S	Crossword Puzzle <sup>C, S.</sup>	Regular Exercise P, S	Regular Exercise P, S	Regular Exercise P, S
11:45	Cycling P, S	Raise up Hand S, C	Cycling P, S	Cycling P, S	Cycling P, S
	- JB	- and appear	5,55558		7, 18
12:00-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:55	Relaxing outdoor chatting/	Relaxing outdoor chatting/	Relaxing outdoor chatting/	Relaxing outdoor chatting/	Relaxing outdoor chatting/
	One on one projects Pr	One on one projects Pr	One on one projects Pr	One on one projects Pr	One on one projects Pr
2:00-	Bingo S, C	Regular Exercise P, S	Word Charts <sup>C, S</sup>	Big Words & Small Words C, S	Drum Circle Pr., S, C
2:45	Music Appreciation S, C, Pr.	Cycling P, S	Hedbanz <sup>S, C</sup>	Origami <sup>S, C, Pr.</sup>	Bowling Game S. P
		, ,		Ring Toss <sup>C, S, P</sup>	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Shake the memory <sup>C, S</sup>	Bean Bag Toss S, C	Midweek Movie Matinee R/	Family Feud C, S	Friday Frolic R
4:00	Trivia <sup>C, S</sup>	Pictionary S, C	One on one projects Pr.	Book Club S, C	One on one projects Pr.
4:10-	Relaxing Conversation S, C	Wheels of Fortune S, C	Midweek Movie Matinee R/	Relaxing Piano Music R, S	Friday Frolic R
7.10					
4:30	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.

	17	18	19	20	21
9:00- 9:50	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Lester!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Hot Dog Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00- 10:50	A-Z <sup>C, S</sup> Drum Circle <sup>Pr., S, C</sup>	Word Charts <sup>C, S</sup> Target Toss <sup>C, S, P</sup>	Regular Exercise P, S  Cycling P, S	Hangman <sup>C, S</sup> Crossword Puzzle <sup>C, S</sup>	Jeopardy <sup>C, S</sup> Chimes <sup>Pr., S, C</sup>
11:00- 11:45	Regular Exercise P, S Cycling P, S	Crossword Puzzle <sup>C, S</sup> Art & Craft <sup>Pr. C, S</sup>	Origami <sup>S, C, Pr.</sup> Target Toss <sup>C, S, P</sup>	Regular Exercise P, S Cycling P, S	Regular Exercise P, S Cycling P, S
12:00- 1:55	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr	Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr
2:00- 2:45	Bean Bag Toss <sup>C, S, P</sup> Best 10 <sup>C, S</sup>	Regular Exercise P, S Cycling P, S	Bingo <sup>S, C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Word Scramble <sup>C, S</sup> 100 Or Bust <sup>S, C</sup> Finish that Lyrics <sup>S, Pr.</sup>	Collage Pr., C, S. Conversation Ball C, S
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Trivia <sup>C, S</sup>	Family Feud C, S	Midweek Movie Matinee R	Connect 4 S, C	Friday Frolic R
4:00	Wheels of Fortune S, C	Story Writing S, C	One on one projects Pr.	Bowling <sup>S, Pr.</sup>	One on one projects Pr.
4:10-	Raise Up Hand <sup>S, C</sup>	Relaxing Conversation C, S	Midweek Movie Matinee R	Relaxing Piano Music R, S	Friday Frolic <sup>R</sup>
4:30	One on one projects <sup>Pr.</sup>	One on one projects Pr.	One on one projects <sup>Pr.</sup>	One on one projects Pr.	One on one projects Pr.
	24	<b>2</b> 5	<b>26</b>	<b>2</b> 7	28
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 National Love is Kind Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, René (29th)!
	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz <sup>S, C</sup> Trivia <sup>C, S</sup>	Morning News Hour/ Participants Choice: Word search/Crossword  Word Charts <sup>C, S</sup> Coloring <sup>Pr. C, S</sup>	Morning News Hour/ Participants Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Love is Kind Day Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, René (29th)! Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup>
9:50 10:00- 10:50 11:00- 11:45	Morning News Hour/ Participants Choice: Word search/Crossword  Hedbanz S, C Trivia C, S  Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword  Word Charts <sup>C, S</sup> Coloring <sup>Pr. C, S</sup> Crossword Puzzle <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Morning News Hour/ Participants Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hangman C, S Bean Bag Toss C, S, P	Morning News Hour/ Participants Choice: Word search/Crossword National Love is Kind Day  Regular Exercise P, S Cycling P, S  Crossword Puzzle C, S Lawn Darts C, P, S	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, René (29th)!  Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup> Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
9:50 10:00- 10:50 11:00-	Morning News Hour/ Participants Choice: Word search/Crossword  Hedbanz S, C Trivia C, S  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword  Word Charts C, S Coloring Pr. C. S  Crossword Puzzle C, S 100 Or Bust S, C  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S Hangman C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Love is Kind Day  Regular Exercise P, S Cycling P, S  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, René (29th)!  Price is Right C, S One on one projects Pr.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr
9:50 10:00- 10:50 11:00- 11:45 12:00-	Morning News Hour/ Participants Choice: Word search/Crossword  Hedbanz S, C Trivia C, S  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ Relaxing outdoor chatting/	Morning News Hour/ Participants Choice: Word search/Crossword  Word Charts C, S Coloring Pr. C, S  Crossword Puzzle C, S 100 Or Bust S, C  Lunch & Relaxation/ Relaxing outdoor chatting/	Morning News Hour/ Participants Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hangman C, S Bean Bag Toss C, S, P  Lunch & Relaxation/ Relaxing outdoor chatting/	Morning News Hour/ Participants Choice: Word search/Crossword National Love is Kind Day  Regular Exercise P, S Cycling P, S  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ Relaxing outdoor chatting/	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, René (29th)!  Price is Right C, S One on one projects Pr.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ Relaxing outdoor chatting/
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword  Hedbanz S, C Trivia C, S  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Best 10 C, S	Morning News Hour/ Participants Choice: Word search/Crossword  Word Charts C, S Coloring Pr. C. S  Crossword Puzzle C, S 100 Or Bust S, C  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hangman C, S Bean Bag Toss C, S, P  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr Crossword Puzzle C	Morning News Hour/ Participants Choice: Word search/Crossword National Love is Kind Day  Regular Exercise P, S Cycling P, S  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Big Words & Small Words C, S	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, René (29th)!  Price is Right C, S One on one projects Pr.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Jeopardy C, S
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45	Morning News Hour/ Participants Choice: Word search/Crossword  Hedbanz S, C Trivia C, S  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Best 10 C, S Target Toss C, S, P  Refreshments Bingo S, C Family Feud C, S	Morning News Hour/ Participants Choice: Word search/Crossword  Word Charts C, S Coloring Pr. C, S  Crossword Puzzle C, S 100 Or Bust S, C  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Regular Exercise P, S Cycling P, S Cycling P, S Word Scramble C, S Words of Wisdom C, S	Morning News Hour/ Participants Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hangman C, S Bean Bag Toss C, S, P  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Crossword Puzzle C Bingo S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Love is Kind Day  Regular Exercise P, S Cycling P, S  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Big Words & Small Words C, S Wheels of Fortune S, C  Refreshments  Trivia C, S Bowling Game S, C	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, René (29th)!  Price is Right C, S One on one projects Pr.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr.  Jeopardy C, S One on one projects Pr.  Refreshments Friday Frolic R One on one projects Pr.
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword  Hedbanz S, C Trivia C, S  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Best 10 C, S Target Toss C, S, P  Refreshments Bingo S, C	Morning News Hour/ Participants Choice: Word search/Crossword  Word Charts C, S Coloring Pr. C, S  Crossword Puzzle C, S 100 Or Bust S, C  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Regular Exercise P, S Cycling P, S Cycling P, S  Refreshments Word Scramble C, S	Morning News Hour/ Participants Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hangman C, S Bean Bag Toss C, S, P  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Crossword Puzzle C Bingo S, C  Refreshments Midweek Movie Matinee R	Morning News Hour/ Participants Choice: Word search/Crossword National Love is Kind Day  Regular Exercise P,S Cycling P,S  Crossword Puzzle C,S Lawn Darts C,P,S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr  Big Words & Small Words C,S Wheels of Fortune S,C  Refreshments Trivia C,S	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, René (29th)!  Price is Right C, S One on one projects Pr.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects Pr.  Jeopardy C, S One on one projects Pr.  Refreshments Friday Frolic R

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9:00-	Morning News Hour/ Participants		
9:50	Choice: Word search/Crossword		
10:00-	Name That Tune S, Pr.		
10:50	Wheels of Fortune S, C		
11:00-	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>		
11:45	Cycling P, S		
12:00-	Lunch & Relaxation/		
1:55	Relaxing outdoor chatting/ One on one projects Pr		
2:00-	Family Feud <sup>C, S</sup>		
2:45	Hedbanz S, C		
3:00	Refreshments		
3:30-	Lawn Darts C, P, S		
4:00	Pictionary <sup>C, S</sup>		
4:10-	Round table talk C, S, R		
4:30	One on one projects Pr.		

<sup>\*</sup>Alternative activities will be offered as requested

## July is...

- National Peach Month
- National Picnic Month
- National Blueberry Month

- National Hot Dog Month
- National Baked Bean Month
- National Ice Cream Month

## Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Music & Memory

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

## **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