



Adult Care Center of the Northern Shenandoah Valley, Inc.

2023



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--|---|---|---|---|
| | 3 | 4 | 5 | 6 | 7 |
| 9:00-9:50 | Morning News Hour/ Participants Choice: Word search/Crossword | We are closed! | Morning News Hour/ Participants Choice: Word search/Crossword | Morning News Hour/ Participants Choice: Word search/Crossword | Morning News Hour/ Participants Choice: Word search/Crossword Global Forgiveness Day |
| 10:00-10:50 | Raise up Hand ^{S, C} Chimes ^{Pr., S, C} | .. | Regular Exercise ^{P, S} Cycling ^{P, S} | Regular Exercise ^{P, S} Cycling ^{P, S} | Jeopardy ^{C, S} Bean Bag Toss ^{C, S, P} |
| 11:00-11:45 | Crossword Puzzle ^{C, S} Hedbanz ^{S, C} | | Hangman ^{C, S} Pictionary ^{C, S} | Word Charts ^{C, S} Target Toss ^{S, C} | 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.} |
| 2:00-2:45 | Regular Exercise ^{P, S} Cycling ^P | | Crossword Puzzle ^C Shake the memory ^{C, S} Expressive of Art ^{S, C, Pr.} | Family Feud ^{C, S} Word Scramble ^{C, S} | Bingo ^{S, C} Ring Toss ^{C, S, P} |
| 3:00 | Refreshments | | Refreshments | Refreshments | Refreshments |
| 3:30-4:00 | Trivia ^{C, S} Bowling Game ^{S, P} | | Midweek Movie Matinee ^R One on one projects ^{Pr.} | 100 Or Bust ^{S, C} Wheels of Fortune ^{S, C} | Friday Frolic ^R One on one projects ^{Pr.} |
| 4:00-4:30 | Round table talk ^{C, S, R} One on one projects ^{Pr.} | | Midweek Movie Matinee ^R One on one projects ^{Pr.} | Words of Wisdom ^{C, S} One on one projects ^{Pr.} | Friday Frolic ^R One on one projects ^{Pr.} |
| | 10 | 11 | 12 | 13 | 14 |
| 9:00-9:50 | Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day | Morning News Hour/ Participants Choice: Word search/Crossword All American Pet Photo Day | 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 ^{C, S} Connect 4 ^{S, C} | Chimes ^{Pr., S, C} Word Scramble ^{C, S} | Hangman ^{C, S} Art & Craft: Sun Catcher ^{S, C, Pr.} | Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C} Coloring ^{Pr. C, S} | Karaoke ^{C, Pr., S} Crossword Puzzle ^{C, S} |
| 11:00-11:45 | Regular Exercise ^{P, S} Cycling ^{P, S} | Crossword Puzzle ^{C, S} Raise up Hand ^{S, C} | Regular Exercise ^{P, S} Cycling ^{P, S} | 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 | Bingo ^{S, C} Music Appreciation ^{S, C, Pr.} | Regular Exercise ^{P, S} Cycling ^{P, S} | Word Charts ^{C, S} Hedbanz ^{S, C} | Big Words & Small Words ^{C, S} Origami ^{S, C, Pr.} Ring Toss ^{C, S, P} | Drum Circle ^{Pr., S, C} Bowling Game ^{S, P} |
| 3:00 | Refreshments | Refreshments | Refreshments | Refreshments | Refreshments |
| 3:30-4:00 | Shake the memory ^{C, S} Trivia ^{C, S} | Bean Bag Toss ^{S, C} Pictionary ^{S, C} | Midweek Movie Matinee ^R / One on one projects ^{Pr.} | Family Feud ^{C, S} Book Club ^{S, C} | Friday Frolic ^R One on one projects ^{Pr.} |
| 4:10-4:30 | Relaxing Conversation ^{S, C} One on one projects ^{Pr.} | Wheels of Fortune ^{S, C} One on one projects ^{Pr.} | Midweek Movie Matinee ^R / One on one projects ^{Pr.} | Relaxing Piano Music ^{R, S} One on one projects ^{Pr.} | Friday Frolic ^R 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 ^{C, S} Drum Circle ^{Pr., S, C} | Word Charts ^{C, S} Target Toss ^{C, S, P} | Regular Exercise ^{P, S} Cycling ^{P, S} | Hangman ^{C, S} Crossword Puzzle ^{C, S} | Jeopardy ^{C, S} Chimes ^{Pr., S, C} |
| 11:00-11:45 | Regular Exercise ^{P, S} Cycling ^{P, S} | Crossword Puzzle ^{C, S} Art & Craft ^{Pr. C, S} | Origami ^{S, C, Pr.} Target Toss ^{C, S, P} | 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 ^{C, S, P} Best 10 ^{C, S} | Regular Exercise ^{P, S} Cycling ^{P, S} | Bingo ^{S, C} Expressive of Art ^{S, C, Pr.} | Word Scramble ^{C, S} 100 Or Bust ^{S, C} Finish that Lyrics ^{S, Pr.} | Collage ^{Pr., C, S} Conversation Ball ^{C, S} |
| 3:00 | Refreshments | Refreshments | Refreshments | Refreshments | Refreshments |
| 3:30-4:00 | Trivia ^{C, S} Wheels of Fortune ^{S, C} | Family Feud ^{C, S} Story Writing ^{S, C} | Midweek Movie Matinee ^R One on one projects ^{Pr.} | Connect 4 ^{S, C} Bowling ^{S, Pr.} | Friday Frolic ^R One on one projects ^{Pr.} |
| 4:10-4:30 | Raise Up Hand ^{S, C} One on one projects ^{Pr.} | Relaxing Conversation ^{C, S} One on one projects ^{Pr.} | Midweek Movie Matinee ^R One on one projects ^{Pr.} | Relaxing Piano Music ^{R, S} One on one projects ^{Pr.} | Friday Frolic ^R One on one projects ^{Pr.} |
| | 24 | 25 | 26 | 27 | 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)! |
| 10:00-10:50 | Hedbanz ^{S, C} Trivia ^{C, S} | Word Charts ^{C, S} Coloring ^{Pr. C, S} | Regular Exercise ^{P, S} Cycling ^{P, S} | Regular Exercise ^{P, S} Cycling ^{P, S} | Price is Right ^{C, S} One on one projects ^{Pr.} |
| 11:00-11:45 | Regular Exercise ^{P, S} Cycling ^{P, S} | Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C} | Hangman ^{C, S} Bean Bag Toss ^{C, S, P} | Crossword Puzzle ^{C, S} Lawn Darts ^{C, 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 | Best 10 ^{C, S} Target Toss ^{C, S, P} | Regular Exercise ^{P, S} Cycling ^{P, S} | Crossword Puzzle ^C Bingo ^{S, C} | Big Words & Small Words ^{C, S} Wheels of Fortune ^{S, C} | Jeopardy ^{C, S} One on one projects ^{Pr.} |
| 3:00 | Refreshments | Refreshments | Refreshments | Refreshments | Refreshments |
| 3:30-4:00 | Bingo ^{S, C} Family Feud ^{C, S} | Word Scramble ^{C, S} Words of Wisdom ^{C, S} | Midweek Movie Matinee ^R One on one projects ^{Pr.} | Trivia ^{C, S} Bowling Game ^{S, C} | Friday Frolic ^R One on one projects ^{Pr.} |
| 4:10-4:30 | Relaxing Conversation ^{C, S} One on one projects ^{Pr.} | Book Club ^{S, C} One on one projects ^{Pr.} | Midweek Movie Matinee ^R One on one projects ^{Pr.} | Relaxing Piano Music ^{R, S} One on one projects ^{Pr.} | Friday Frolic ^R One on one projects ^{Pr.} |

| 31 | | | | | |
|-------------|---|--|--|--|--|
| 9:00-9:50 | Morning News Hour/ Participants Choice: Word search/Crossword | | | | |
| 10:00-10:50 | Name That Tune ^{S, Pr.} Wheels of Fortune ^{S, C} | | | | |
| 11:00-11:45 | Regular Exercise ^{P, S} Cycling ^{P, S} | | | | |
| 12:00-1:55 | Lunch & Relaxation/ Relaxing outdoor chatting/ One on one projects ^{Pr.} | | | | |
| 2:00-2:45 | Family Feud ^{C, S} Hedbanz ^{S, C} | | | | |
| 3:00 | Refreshments | | | | |
| 3:30-4:00 | Lawn Darts ^{C, P, S} Pictionary ^{C, S} | | | | |
| 4:10-4:30 | Round table talk ^{C, S, R} One on one projects ^{Pr.} | | | | |

*Alternative activities will be offered as requested

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|--|--|
| <p>July is...</p> <ul style="list-style-type: none"> <li style="width: 50%;">• National Peach Month <li style="width: 50%;">• National Hot Dog Month <li style="width: 50%;">• National Picnic Month <li style="width: 50%;">• National Baked Bean Month <li style="width: 50%;">• National Blueberry Month <li style="width: 50%;">• National Ice Cream Month | |
| <p style="text-align: center;"><u>Personal Workshop</u></p> <p style="text-align: center;">Jigsaw Puzzles</p> <p style="text-align: center;">Crossword/Word Search</p> <p style="text-align: center;">Reminisce</p> <p style="text-align: center;">Coloring</p> <p style="text-align: center;">Indoor/Outdoor Walks (depending on temperature)</p> <p style="text-align: center;">Music & Memory</p> <p style="text-align: center; font-size: small;">**Offered throughout the day to ensure person centered care**</p> | <p style="text-align: center;"><u>Exercise & Wellness Groups:</u></p> <p style="text-align: center; font-size: small;">*2 choices are offered to participants daily*</p> <p style="text-align: center;">Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p style="text-align: center;">Wellness (Mind & Body): Chair Yoga Core Focus: Chair Pilates</p> <p style="text-align: center;">Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p> |