

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
9:00- 9:50					Morning News Hour/ Participants Choice: Word search/Crossword
10:00- 10:50					Drum Circle Pr., S, C Bean Bag Toss C, S, P
11:00- 11:45					Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
12:00- 1:55					Lunch & Relaxation/ One on one projects Pr
2:00- 2:45					Jeopardy <sup>C, S</sup> One on one projects <sup>Pr.</sup>
3:00					Refreshments
3:30- 4:00					Friday Frolic R One on one projects Pr.
4:00-					Friday Frolic R
4:30					One on one projects Pr.
	4	5	6	7	8
9:00- 9:50	4 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	Morning News Hour/ Participants Choice: Word search/Crossword
		Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:50 10:00-	We are closed!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Hangman <sup>C, S</sup>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Karaoke <sup>C, Pr., S</sup>
9:50 10:00- 10:50 11:00-		Morning News Hour/ Participants Choice: Word search/Crossword  Chimes Pr., S, C Crossword Puzzle C, S.  Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword  Hangman <sup>C, S</sup> Art & Craft: Patriotic Clothespins  Regular Exercise <sup>P, S</sup>	Morning News Hour/ Participants Choice: Word search/Crossword  A-Z C, S Trivia C, S  Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword  Karaoke <sup>C, Pr., S</sup> One on one projects <sup>Pr.</sup> Regular Exercise <sup>P, S</sup>
9:50 10:00- 10:50 11:00- 11:45 12:00-	We are closed!	Morning News Hour/ Participants Choice: Word search/Crossword  Chimes Pr., S, C Crossword Puzzle C, S.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword  Hangman C, S Art & Craft: Patriotic Clothespins  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword  A-Z C, S Trivia C, S  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword  Karaoke <sup>C, Pr., S</sup> One on one projects <sup>Pr.</sup> Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup> Lunch & Relaxation/
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00-	We are closed!	Morning News Hour/ Participants Choice: Word search/Crossword  Chimes Pr., S, C Crossword Puzzle C, S.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Word Scramble C, S	Morning News Hour/ Participants Choice: Word search/Crossword  Hangman <sup>C, S</sup> Art & Craft: Patriotic Clothespins  Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup> Lunch & Relaxation/ One on one projects <sup>Pr</sup> Word Charts <sup>C, S</sup>	Morning News Hour/ Participants Choice: Word search/Crossword  A-Z C, S Trivia C, S  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Expressive of Art S, C, Pr.	Morning News Hour/ Participants Choice: Word search/Crossword  Karaoke C, Pr., S One on one projects Pr.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Drum Circle Pr., S, C
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45	We are closed!	Morning News Hour/ Participants Choice: Word search/Crossword  Chimes Pr., S, C Crossword Puzzle C, S.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Word Scramble C, S Book Club S, C	Morning News Hour/ Participants Choice: Word search/Crossword  Hangman C, S Art & Craft: Patriotic Clothespins  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Word Charts C, S Table Game S, C	Morning News Hour/ Participants Choice: Word search/Crossword  A-Z C, S Trivia C, S  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Expressive of Art S, C, Pr. Wheels of Fortune S, C	Morning News Hour/ Participants Choice: Word search/Crossword  Karaoke <sup>C, Pr., S</sup> One on one projects <sup>Pr.</sup> Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup> Lunch & Relaxation/ One on one projects <sup>Pr</sup> Drum Circle <sup>Pr., S, C</sup> Bowling Game <sup>S, P</sup>
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30-	We are closed!	Morning News Hour/ Participants Choice: Word search/Crossword  Chimes Pr., S, C Crossword Puzzle C, S.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Word Scramble C, S Book Club S, C  Refreshments Bean Bag Toss S, C	Morning News Hour/ Participants Choice: Word search/Crossword  Hangman C, S Art & Craft: Patriotic Clothespins  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Word Charts C, S Table Game S, C  Refreshments Midweek Movie Matinee R/	Morning News Hour/ Participants Choice: Word search/Crossword  A-Z C, S Trivia C, S  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Expressive of Art S, C, Pr. Wheels of Fortune S, C  Refreshments Big Words & Small Words C, S	Morning News Hour/ Participants Choice: Word search/Crossword  Karaoke C, Pr., S One on one projects Pr.  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Drum Circle Pr., S, C Bowling Game S. P  Refreshments Friday Frolic R

	11	12	13	14	15
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
10:00-	Best 10 <sup>C, S</sup>	Word Charts <sup>C, S</sup>	Drum Circle Pr., S, C	Penny Ante <sup>C, S</sup>	Origami <sup>S, C, Pr.</sup>
10:50	One on one projects Pr.	Coloring S, C, Pr.	Shake the memory <sup>C, S</sup>	Crossword Puzzle <sup>C, S</sup>	Hangman <sup>C, S</sup>
		C S		P.C	D.C
11:00- 11:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</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>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
11.43	Cycling	Target Toss	Cycling	Cycling	Cycling
12:00-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:55	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-	Chimes Pr., S, C 100 or Bust C, S, P	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bingo <sup>S, C</sup> Hedbanz <sup>S, C</sup>	Spin Your Wheels S, C Expressive of Art S, C, Pr.	Jeopardy <sup>C, S</sup>
2 :45	100 or Bust -, -, -	Cycing 1,2	Hedbanz 5, 5	Expressive of Art - 7 - 7 - 7	One on one projects Pr.
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Trivia <sup>C, S</sup>	Family Feud <sup>C, S</sup>	Midweek Movie Matinee R	Connect 4 S, C	Friday Frolic <sup>R</sup>
4:00	Bean Bag Toss C, S, P	Story Writing S, C	One on one projects Pr.	Bowling Game S, Pr.	One on one projects Pr.
4:10-	Raise Up Hand S, C	Relaxing Conversation C, S	Midweek Movie Matinee R	Relaxing Piano Music R, 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.	One on one projects Pr.
	18	19	20	21	22
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
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	Choice: Word search/Crossword
9:50	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !
9:50 10:00-	Choice: Word search/Crossword  Regular Exercise P, S	Choice: Word search/Crossword  Best 10 C, S	Choice: Word search/Crossword  Wheels of Fortune S, C	Choice: Word search/Crossword  Trivia C, S	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> ! Price is Right <sup>C, S</sup>
9:50	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !
9:50 10:00-	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C	Choice: Word search/Crossword  Best 10 <sup>C, S</sup> 100 Or Bust <sup>S, C</sup> Crossword Puzzle <sup>C, S</sup>	Choice: Word search/Crossword  Wheels of Fortune S, C  Art & Craft:Fall Luminaries Mason Jars  Regular Exercise P, S	Choice: Word search/Crossword  Trivia <sup>C, S</sup> Life Story <sup>S, C</sup> Crossword Puzzle <sup>C, S</sup>	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup> Regular Exercise <sup>P, S</sup>
9:50 10:00- 10:50	Choice: Word search/Crossword  Regular Exercise P, S  Cycling P, S	Choice: Word search/Crossword  Best 10 <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Choice: Word search/Crossword  Wheels of Fortune S, C  Art & Craft:Fall Luminaries Mason Jars	Choice: Word search/Crossword  Trivia <sup>C, S</sup> Life Story <sup>S, C</sup>	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup>
9:50 10:00- 10:50 11:00- 11:45	Choice: Word search/Crossword  Regular Exercise P.S Cycling P.S  Hedbanz S.C Trivia C.S	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S	Choice: Word search/Crossword  Wheels of Fortune S, C Art & Craft:Fall Luminaries Mason Jars  Regular Exercise P, S Cycling P, S	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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- 11:45 12:00-	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/	Choice: Word search/Crossword  Wheels of Fortune S, C Art & Craft:Fall Luminaries Mason Jars  Regular Exercise P, S Cycling P, S Lunch & Relaxation/	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S Lunch & Relaxation/	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Lunch & Relaxation/
9:50 10:00- 10:50 11:00- 11:45	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr Family Feud C, S	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S	Choice: Word search/Crossword  Wheels of Fortune S, C Art & Craft: Fall Luminaries Mason Jars  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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- 11:45 12:00- 1:55	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ One on one projects Pr	Choice: Word search/Crossword  Wheels of Fortune S, C Art & Craft:Fall Luminaries Mason Jars  Regular Exercise P, S Cycling P, S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C Connect 4 S, C	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S  Lunch & Relaxation/ One on one projects Pr	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr  Family Feud C, S Hangman C, S	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S	Choice: Word search/Crossword  Wheels of Fortune S. C Art & Craft: Fall Luminaries Mason Jars  Regular Exercise P. S Cycling P. S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C Connect 4 S. C One on one projects Pr.	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Drum Circle <sup>Pr., S, C</sup> Raise up Hand <sup>S, C</sup>
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr  Family Feud C, S Hangman C, S  Refreshments	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments	Choice: Word search/Crossword  Wheels of Fortune S. C Art & Craft: Fall Luminaries Mason Jars  Regular Exercise P. S Cycling P. S  Cycling P. S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C Connect 4 S. C One on one projects Pr.  Refreshments	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Drum Circle <sup>Pr., S, C</sup> Raise up Hand <sup>S, C</sup> Refreshments
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30-	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr  Family Feud C, S Hangman C, S  Refreshments  Big Words & Small Words C, S	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments  Word Scramble C, S	Choice: Word search/Crossword  Wheels of Fortune S. C Art & Craft: Fall Luminaries Mason Jars  Regular Exercise P. S Cycling P. S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C Connect 4 S. C One on one projects Pr.  Refreshments  Midweek Movie Matinee R	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments Bowling Game S, C	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Drum Circle <sup>Pr., S, C</sup> Raise up Hand <sup>S, C</sup> Refreshments Friday Frolic <sup>R</sup>
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr  Family Feud C, S Hangman C, S  Refreshments	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments	Choice: Word search/Crossword  Wheels of Fortune S. C Art & Craft: Fall Luminaries Mason Jars  Regular Exercise P. S Cycling P. S  Cycling P. S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C Connect 4 S. C One on one projects Pr.  Refreshments	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Cycling <sup>P, S</sup> Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Drum Circle <sup>Pr., S, C</sup> Raise up Hand <sup>S, C</sup> Refreshments
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30-	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr  Family Feud C, S Hangman C, S  Refreshments  Big Words & Small Words C, S Raise Up Hand C, S  Relaxing Conversation C, S	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments  Word Scramble C, S	Choice: Word search/Crossword  Wheels of Fortune S. C Art & Craft: Fall Luminaries Mason Jars  Regular Exercise P. S Cycling P. S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C Connect 4 S. C One on one projects Pr.  Refreshments  Midweek Movie Matinee R	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments Bowling Game S, C Words of Wisdom C, S	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Cycling <sup>P, S</sup> Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Drum Circle <sup>Pr., S, C</sup> Raise up Hand <sup>S, C</sup> Refreshments Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr  Family Feud C, S Hangman C, S  Refreshments  Big Words & Small Words C, S	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments  Word Scramble C, S Target Toss C, S, P	Choice: Word search/Crossword  Wheels of Fortune S. C Art & Craft: Fall Luminaries Mason Jars  Regular Exercise P. S Cycling P. S Cycling P. S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C Connect 4 S. C One on one projects Pr.  Refreshments  Midweek Movie Matinee R One on one projects Pr.	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments Bowling Game S, C	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Drum Circle <sup>Pr., S, C</sup> Raise up Hand <sup>S, C</sup> Refreshments Friday Frolic <sup>R</sup>
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr  Family Feud C, S Hangman C, S  Refreshments  Big Words & Small Words C, S Raise Up Hand C, S  Relaxing Conversation C, S	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments  Word Scramble C, S Target Toss C, S, P  Book Club S, C	Choice: Word search/Crossword  Wheels of Fortune S. C Art & Craft: Fall Luminaries Mason Jars  Regular Exercise P. S Cycling P. S Cycling P. S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C Connect 4 S. C One on one projects Pr.  Refreshments  Midweek Movie Matinee R One on one projects Pr.  Midweek Movie Matinee R	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments  Bowling Game S, C Words of Wisdom C, S  Relaxing Piano Music R, S	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Drum Circle <sup>Pr., S, C</sup> Raise up Hand <sup>S, C</sup> Refreshments Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr  Family Feud C, S Hangman C, S  Refreshments  Big Words & Small Words C, S Raise Up Hand C, S  Relaxing Conversation C, S	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments  Word Scramble C, S Target Toss C, S, P  Book Club S, C	Choice: Word search/Crossword  Wheels of Fortune S. C Art & Craft: Fall Luminaries Mason Jars  Regular Exercise P. S Cycling P. S Cycling P. S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C Connect 4 S. C One on one projects Pr.  Refreshments  Midweek Movie Matinee R One on one projects Pr.  Midweek Movie Matinee R	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments  Bowling Game S, C Words of Wisdom C, S  Relaxing Piano Music R, S	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Drum Circle <sup>Pr., S, C</sup> Raise up Hand <sup>S, C</sup> Refreshments Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Choice: Word search/Crossword  Regular Exercise P, S Cycling P, S  Hedbanz S, C Trivia C, S  Lunch & Relaxation/ One on one projects Pr  Family Feud C, S Hangman C, S  Refreshments  Big Words & Small Words C, S Raise Up Hand C, S  Relaxing Conversation C, S	Choice: Word search/Crossword  Best 10 C, S 100 Or Bust S, C  Crossword Puzzle C, S Lawn Darts C, P, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments  Word Scramble C, S Target Toss C, S, P  Book Club S, C	Choice: Word search/Crossword  Wheels of Fortune S. C Art & Craft: Fall Luminaries Mason Jars  Regular Exercise P. S Cycling P. S Cycling P. S  Lunch & Relaxation/ One on one projects Pr  Crossword Puzzle C Connect 4 S. C One on one projects Pr.  Refreshments  Midweek Movie Matinee R One on one projects Pr.  Midweek Movie Matinee R	Choice: Word search/Crossword  Trivia C, S Life Story S, C  Crossword Puzzle C, S Penny Ante C, S  Lunch & Relaxation/ One on one projects Pr  Regular Exercise P, S Cycling P, S  Refreshments  Bowling Game S, C Words of Wisdom C, S  Relaxing Piano Music R, S	Choice: Word search/Crossword First Day of Autumn 23 <sup>rd</sup> !  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> Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Drum Circle <sup>Pr., S, C</sup> Raise up Hand <sup>S, C</sup> Refreshments Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	25	26	<b>2</b> 7	28	29
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	We are closed due to staff training!
9:50	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	
10:00-	Regular Exercise <sup>P, S</sup>	Best 10 <sup>C, S</sup>	Big Words & Small Words <sup>C, S</sup>	Regular Exercise P, S	
10:50	Cycling <sup>P, S</sup>	Penny Ante <sup>C, S</sup>	One on one projects <sup>Pr.</sup>	Cycling P, S	
11:00-	Word Charts <sup>C, S</sup>	Regular Exercise P, S	Regular Exercise <sup>P, S</sup>	Raise up Hand <sup>C, S</sup>	
11:45	Hedbanz <sup>S, C</sup>	Cycling P, S	Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup>	
12:00-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	
1:55	One on one projects Pr	One on one projects Pr	One on one projects Pr	One on one projects Pr	
2:00-	Hangman <sup>C, S</sup>	Wheels of Fortune <sup>S, C</sup>	Bingo <sup>C, S</sup>	Pictionary <sup>C, S</sup>	
2:45	100 or Bust <sup>C, S</sup>	One on one projects <sup>Pr.</sup>	Spin Your Wheels <sup>S, C</sup>	Family Feud <sup>C, S</sup>	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30- 4:00	Bowling Game <sup>S, C</sup> Words of Wisdom <sup>C, S</sup>	Tuesday Movie Matinee One on one projects <sup>Pr.</sup>	Lawn Darts <sup>C, P, S</sup> Trivia <sup>C, S</sup>	Thursday 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>	Tuesday Movie Matinee One on one projects Pr.	Conversation Ball <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Thursday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>	

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

## September is...

- National Grains Month
- National Recovery Month
- National Square Dance Month

- Fall Hat Month
- Better Breakfast Month
- Classical Music 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