



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



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
			<b>1</b>	<b>2</b>	<b>3</b>
9:00-9:50			Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Marilyn!</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50			Deal or No Deal <sup>S, C</sup> Art & Craft: Leaf Rubbing <sup>S, C, Pr.</sup>	Bible Trivia <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Chimes <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>
11:00-11:45			Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Word Charts <sup>C, S</sup> Spin Your Wheels <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>
2:00-2:45			Best 10 <sup>C, S</sup> Manicure <sup>Sen.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Jeopardy <sup>C, S</sup> One on one projects <sup>Pr.</sup>
3:00			Refreshments	Refreshments	Refreshments
3:30-4:00			Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Pictionary <sup>C, S</sup> Bean Bag Toss <sup>C, S, P</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30			Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Trivia <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Edith!</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	Sing along time <sup>C, S, Pr.</sup> One on one projects <sup>Pr.</sup>	Word Charts <sup>C, S</sup> Conversation Ball <sup>C, S</sup>	100 Pic <sup>S, C</sup> Hangman <sup>C, S</sup>	Food A-Z <sup>C, S</sup> Pictionary <sup>S, C</sup>	Karaoke <sup>C, Pr., S</sup> One on one projects <sup>Pr.</sup>
11:00-11:45	Hedbanz <sup>S, C</sup> Trivia <sup>C, S</sup>	Crossword Puzzle <sup>C, S</sup> Family Feud <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Lawn Darts <sup>C, P, S</sup> UNO Game <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	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Word Charts <sup>C, S</sup> Expressive of Art <sup>S, C, Pr.</sup>	Wheels of Fortune <sup>S, C</sup> Big Words & Small Words <sup>C, S</sup>	Word Scramble <sup>C, S</sup> Art & Craft: Leave Bookmark <sup>S, C, Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bingo <sup>C, S</sup> Spin Your Wheels <sup>S, C</sup>	Bean Bag Toss <sup>S, C</sup> Family Feud <sup>C, S</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Bowling Game <sup>S, P</sup> Trivia <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Conversation Ball <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Raise Up Hand <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>

	13	14	15	16	17
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	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Word Charts <sup>C, S</sup> Penny Ante <sup>C, S</sup>	Art & Craft: Pinecone Turkeys <sup>S, C, Pr.</sup> Shake the memory <sup>C, S</sup>	Drum Circle <sup>C, S, Pr.</sup> Crossword Puzzle <sup>C, S</sup>	Jeopardy <sup>C, S</sup> One on one projects <sup>Pr.</sup>
11:00-11:45	Best 10 <sup>C, S</sup> Coloring <sup>C, S, Pr.</sup>	Crossword Puzzle <sup>C, S</sup> Basket 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>	100 or Bust <sup>C, S, P</sup> Big Words & Small Words <sup>C, 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	Hangman <sup>C, S</sup> Conversation Ball <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bingo <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Spin Your Wheels <sup>S, C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia <sup>C, S</sup> Target Toss <sup>C, S, P</sup>	Chimes <sup>Pr., S, C</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 Game <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>
	20	21	22	23	24
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>Happy Thanksgiving! We are closed. Happy Birthday, Mauretta!</b>	
10:00-10:50	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Best 10 <sup>C, S</sup> Pictionary <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>		
11:00-11:45	Hangman <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Crossword Puzzle <sup>C, S</sup> Lawn Darts <sup>C, P, S</sup>	Wheels of Fortune <sup>S, C</sup> Drum Circle <sup>Pr., 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>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>		
2:00-2:45	Family Feud <sup>C, S</sup> Karaoke <sup>C, S, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Life Story <sup>S, C</sup> Shake the memory <sup>C, S</sup>		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Corn Hole <sup>C, S, P</sup> Raise up Hand <sup>S, C</sup>	Bingo <sup>C, S</sup> Magic Broom <sup>C, S, P</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>		
4:10-4:30	Relaxing Conversation <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Raise Up Hand <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>		

	27	28	29	30	
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	
10:00-10:50	Hedbanz <sup>S,C</sup> One on one projects <sup>Pr.</sup>	Word Charts <sup>C,S</sup> One on one projects <sup>Pr.</sup>	Wheels of Fortune <sup>S,C</sup> One on one projects <sup>Pr.</sup>	Trivia <sup>C,S</sup> One on one projects <sup>Pr.</sup>	
11:00-11:45	Hangman <sup>C,S</sup> One on one projects <sup>Pr.</sup>	Best 10 <sup>C,S</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Food A-Z <sup>C,S</sup> One on one projects <sup>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	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> One on one projects <sup>Pr.</sup>	Price is Right <sup>S,C</sup> One on one projects <sup>Pr.</sup>	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Raise Up Hand <sup>S,C</sup> Trivia <sup>C,S</sup>	Tuesday Movie Fun <sup>R</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	
4:10-4:30	Round table talk <sup>C,S,R</sup> One on one projects <sup>Pr.</sup>	Tuesday Movie Fun <sup>R</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>	

\*Alternative activities will be offered as requested

November is...

- Military Family Month
- National Peanut Butter Lovers Month
- National Novel Writing Month
- National Long-Term Care Awareness Month
- National Family Caregivers Month
- National Alzheimer's Disease 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