



## 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>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Angel!</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Taco Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>World Smile Day</b> <b>Happy Birthday, Andy (8th)!</b>
10:00-10:50	Name That Tunes <sup>S, C, Pr.</sup> One on one projects <sup>Pr.</sup>	Birthday Drum Circle <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Chimes <sup>Pr., S, C</sup> 100 Pic <sup>S, C</sup>	Bingo <sup>C, S</sup> Hangman <sup>C, S</sup>	Deal or No Deal <sup>S, C</sup> Art & Craft: Pumpkin painting
11:00-11:45	Family Feud <sup>C, S</sup> Hedbanz <sup>C, S</sup>	Crossword Puzzle <sup>C, S</sup> Pictionary <sup>S, C</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>
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>	Crossword Puzzle <sup>C, S</sup> Expressive of Art <sup>S, C, Pr.</sup>	Expressive of Art <sup>S, C, Pr.</sup> Best 10 <sup>S, C</sup>	Jeopardy <sup>C, S</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Cornhole Game <sup>C, S, P</sup> Spin Your Wheels <sup>S, C</sup>	Bowling Game <sup>S, Pr.</sup> Family Feud <sup>C, S</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Big Words & Small Words <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	Relaxing Conversation <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	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>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword <b>Columbus Day</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 <b>Metastatic Breast Cancer Awareness Day</b>
10:00-10:50	Music and Spirituality <sup>C, S, Pr.</sup> One on one projects <sup>Pr.</sup>	Bible Trivia <sup>S, C</sup> Conversation Ball <sup>C, S</sup>	Hangman <sup>C, S</sup> Art & Craft: Scarecrow	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	Regular Exercise <sup>P, S</sup> Cycling <sup>P, 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>	100 Pic <sup>S, C</sup> Family Feud <sup>C, S</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	Bingo <sup>C, S</sup> Lawn Darts <sup>C, P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Word Charts <sup>C, S</sup> UNO Game <sup>S, C</sup>	Expressive of Art <sup>S, C, Pr.</sup> Wheels of Fortune <sup>S, C</sup>	Word Scramble <sup>C, S</sup> Bowling Game <sup>S, P</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia <sup>C, S</sup> Spin Your Wheels <sup>S, C</sup>	Bean Bag Toss <sup>S, C</sup> Trivia <sup>C, S</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Big Words & Small Words <sup>C, S</sup> Exercise <sup>P, 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>	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>

	16	17	18	19	20
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Sports Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Chocolate Cupcake Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Music Hangman <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Word Charts <sup>C, S</sup> Penny Ante <sup>C, S</sup>	Origami <sup>S, C, Pr.</sup> Shake the memory <sup>C, S</sup>	Family Feud <sup>C, S</sup> Crossword Puzzle <sup>C, S</sup>	Bingo <sup>S, C</sup> Hangman <sup>C, S</sup>
11:00-11:45	Best 10 <sup>C, S</sup> 100 or Bust <sup>C, S, P</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>	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>	Best 10 <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Spin Your Wheels <sup>S, C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Jeopardy <sup>C, S</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia <sup>C, S</sup> Bean Bag 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>
	23	24	25	26	27
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>United Nations Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, David K.!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Pumpkin Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Best 10 <sup>C, S</sup> Drum Circle <sup>Pr., S, C</sup>	Wheels of Fortune <sup>S, C</sup> Life Story <sup>S, C</sup>	Trivia <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup>
11:00-11:45	Hedbanz <sup>S, C</sup> Hangman <sup>C, 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>	Crossword Puzzle <sup>C, S</sup> Uno Game <sup>C, S</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	Family Feud <sup>C, S</sup> Karaoke <sup>C, S, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Birthday Bingo <sup>C, S</sup> Conversation Ball <sup>S, C</sup>	Art & Craft: Pumpkin pickup Truck <sup>S, C, Pr.</sup> Big Words & Small Words <sup>C, S</sup>	Trivia <sup>C, S</sup> Connect 4 <sup>S, C</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bean Bag Toss <sup>C, S, P</sup> Raise up Hand <sup>S, C</sup>	Word Scramble <sup>C, S</sup> Magic Broom <sup>C, S, P</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bowling Game <sup>S, C</sup> Words of Wisdom <sup>C, S</sup>	Friday Frolic <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>	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>

	<b>30</b>	<b>31</b>			
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Halloween Party!</b>			
10:00-10:50	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Karaoke <sup>S, C, Pr.</sup> Halloween Hangman <sup>C, S</sup>			
11:00-11:45	Halloween Trivia <sup>S, C</sup> Hedbanz <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>			
2:00-2:45	Art & Craft: Coffee Filter Bat 100 or Bust <sup>C, S</sup>	Halloween Costume Bowling & Fashion Show <sup>S, C</sup> One on one projects <sup>Pr.</sup>			
3:00	Refreshments	Refreshments			
3:30-4:00	Word Charts: Witch <sup>C, S</sup> Wheels of Fortune <sup>C, S</sup>	Halloween Movie <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>	Halloween Movie <sup>R</sup> One on one projects <sup>Pr.</sup>			

\*Alternative activities will be offered as requested

October is...

- National Stamp Collecting Month
- Pear and Pineapple Month
- Photographer Appreciation Month
- Positive Attitude Month
- National ADD/ADHD Awareness Month
- National Fire Prevention 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