



Adult Care Center of the Northern Shenandoah Valley, Inc.

2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
9:00-9:50					Morning News Hour/ Participants Choice: Word search/Crossword National Pie Day
10:00-10:50					Regular Exercise ^{P, S} Cycling ^{P, S}
11:00-11:45					Big Words Small Words ^{C, S} Pictionary ^{C, S}
12:00-1:55					Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45					Bowling ^{S, P} Bingo ^{S, P}
3:00					Refreshments
3:30-4:00					Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30					Friday Frolic ^R One on one projects ^{Pr.}
	4	5	6	7	8
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword National Cookie 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 National Pearl Harbor Remembrance Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Carol (9th)!
10:00-10:50	Conversation Ball ^{C, S} One on one projects ^{Pr.}	Bible Trivia ^{S, C} Conversation Ball ^{C, S}	Wheels of Fortune ^{S, C} Headbanz ^{S, C}	Christmas Karaoke ^{C, Pr., S} One on one projects ^{Pr.}	Christmas Chimes ^{Pr., S, C} One on one projects ^{Pr.}
11:00-11:45	Best 10 ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S} (Trivia)	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Target Toss ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Tic-Tac-Toe Toss ^{P, S} Warm Up Exercise ^{P, S}	100 or Bust ^{C, S} Family Feud ^{C, S}	Word Charts ^{C, S} UNO Game ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bowling Game ^{S, P} Art and Craft: Christmas Tree ^{S, C, Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Hangman ^{C, S} Spin Your Wheels ^{S, C}	Pictionary ^{S, C} Word Scramble ^{C, S}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Big Words & Small Words ^{C, S} Level Balloon ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Trivia ^{C, S} Relaxing Conversation ^{C, S}	Bean Bag Toss ^{C, S, P} 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.}

	11	12	13	14	15
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Ding-A-Ling 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 Happy Birthday, Ella Mae (16)!
10:00-10:50	Christmas Hangman ^{C, S} Penny Ante ^{C, S}	Word Charts ^{C, S} Christmas Sing Along ^{Pr. S, C}	Pasta Christmas Ornament ^{S, C, Pr.} Big Words & Small Words ^{C, S}	Family Feud ^{C, S} Crossword Puzzle ^{C, S}	Bingo ^{S, C} Art & Craft Cinnamon Stick Ornament ^{S, C, Pr}
11:00-11:45	Best 10 ^{C, S} 100 or Bust ^{C, S, P}	Crossword Puzzle ^{C, S} Basket Toss ^{C, S, P}	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/ One on one projects ^{Pr..}	Lunch & Relaxation/ One on one projects ^{Pr..}	Lunch & Relaxation/ One on one projects ^{Pr..}	Lunch & Relaxation/ One on one projects ^{Pr..}	Lunch & Relaxation/ One on one projects ^{Pr..}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Chimes ^{Pr., S, C} Story Writing ^{S, C}	Best 10 ^{C, S} Hedbanz ^{S, C}	Spin Your Wheels ^{S, C} Expressive of Art ^{S, C, Pr.}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Christmas Trivia ^{C, S} Bean Bag Toss ^{C, S, P}	Wine Cork Christmas Tree ^{S, C, Pr.} Spin Your Wheels ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bowling Game ^{S, Pr.} Shake the memory ^{C, S}	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.}
	18	19	20	21	22
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword National Twin Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Go Caroling Day	Morning News Hour/ Participants Choice: Word search/Crossword Wear your Ugly Christmas Sweater!	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Regular Exercise ^{P, S} Cycling ^{P, S}	Best 10 ^{C, S} Drum Circle ^{Pr., S, C}	Christmas Sing along ^{C, Pr., S} Life Story ^{S, C}	Christmas Chimes ^{Pr., S, C} 100 Pic ^{S, C}	Christmas Music ^{R, S}
11:00-11:45	Hedbanz ^{S, C} Hangman ^{C, S}	Crossword Puzzle ^{C, S} Lawn Darts ^{C, P, S}	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/ One on one projects ^{Pr..}	Lunch & Relaxation/ One on one projects ^{Pr..}	Lunch & Relaxation/ One on one projects ^{Pr..}	Lunch & Relaxation/ One on one projects ^{Pr..}	Lunch & Relaxation/ One on one projects ^{Pr..}
2:00-2:45	Family Feud ^{C, S} Karaoke & Dance ^{C, S, Pr.}	Table Hockey ^{C, S, P}	Conversation Ball ^{S, C} Bingo ^{C, S}	Crossword Puzzle ^{C, S} Art: Reindeer Clothespins ^{S, C, Pr.}	Jeopardy ^{C, S} Connect 4 ^{C, S, P}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bean Bag Toss ^{C, S, P} Raise up Hand ^{S, C}	Word Scramble ^{C, S} Magic Broom ^{C, S, P}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Big Words & Small Words ^{C, S} Target Toss ^{C, S, P}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	100 or Bust ^{C, S, P} 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.}

	25	26	27	28	29
9:00-9:50	Merry Christmas! We are Closed.	Merry Christmas! 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 Happy New Year Eve (31st)!
10:00-10:50			Regular Exercise ^{P, S} Cycling ^{P, S}	Bible Trivia ^{S, C} Sensory Group ^{Sen., Pr}	Price is Right ^{S, C} One on one projects ^{Pr.}
11:00-11:45			Big Words & Small Words ^{C, S} Raise Up Hand ^{S, C}	Crossword ^{C, S} Ring Toss ^{P, S}	Art: Pinecone Snowman ^{S, C, Pr} Shred Paper Treasure Hunt ^C
12:00-1:55			Lunch & Relaxation/ One on one projects ^{Pr..}	Lunch & Relaxation/ One on one projects ^{Pr..}	Lunch & Relaxation/ One on one projects ^{Pr..}
2:00-2:45			Bingo ^{C, S} Origami ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00			Refreshments	Refreshments	Refreshments
3:30-4:00			Midweek Movie Matinee ^R One on one projects ^{Pr.}	Expressive of Art ^{S, C, Pr.} Life Stories ^{S, C, Pr., R}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30			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.}

*Alternative activities will be offered as requested

December is...

- Universal Human Right Month
- Learn a Foreign Language Month
- International Sharps Injury Prevention Awareness Month
- National Car Donation Month
- National Pear Month
- National Spiritual Literacy 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

Activity Guidelines Key:

P-Physical

S-Social

C-Cognitive, Intellectual, Creative

Pr.-Productive

Sen.-Sensory

R-Reflective, Contemplative

O-Outdoor

N-Nature, Natural World