



# Adult Care Center of the Northern Shenandoah Valley, Inc. 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>	<b>2</b>
9:00-9:45				Morning News Hour/ Participants Choice: Word search/Crossword <b>National Baked Alaska Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Groundhog Day</b>
10:00-10:45				Bible Trivia <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Karaoke <sup>C, S</sup> One on one projects <sup>Pr.</sup>
10:55-11:40				Crossword Puzzle <sup>C, S</sup> UNO <sup>S, C</sup>	Expressive of Art <sup>S, C, Pr.</sup> Bingo Game <sup>S, Pr.</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				Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
3:00				Refreshments	Refreshments
3:30-4:00				Connect 4 <sup>S, C</sup> Family Feud <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30				Conversation Ball <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:00-9:45	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 <b>National Pizza Day</b>
10:00-10:45	Name That Tunes <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Wheels of Fortune <sup>C, S</sup> Expressive of Art <sup>S, C, Pr.</sup>	Chimes <sup>Pr., S, C</sup> Crossword Puzzle <sup>C</sup>	Word Charts <sup>C, S</sup> Art/Craft: Love Picture <sup>S, C, Pr.</sup>	Big Words & Small Words <sup>C, S</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Hangmen <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Best 10 <sup>C, S</sup> Bean Bag Toss <sup>C, S, P</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> 100 Or Bust <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>	Bingo Game <sup>S, Pr.</sup> Expressive of Art <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Drum Circle <sup>Pr., S, C</sup> Table Hockey <sup>P, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia <sup>C, S</sup> Spin the Wheel <sup>S, C</sup>	100 Or Bust <sup>S, C</sup> Shake the memory <sup>C, S</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Jeopardy <sup>S, C</sup> Family Feud <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Pictionary <sup>S, C</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>	Relaxing Conversation <sup>S, C</sup> Wheels of Fortune <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	12	13	14	15	16
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Pancake Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Ash Wednesday/Valentine's Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Caregivers Day</b>
10:00-10:45	Sing-Along <sup>S, Pr.</sup> Raise Up Hand <sup>S, C</sup>	Karaoke <sup>C, S</sup> Art/Craft <sup>S, C, Pr.</sup>	Wheels of Fortune <sup>S, C</sup> Jeopardy <sup>C, S</sup>	Word Charts <sup>C, S</sup> Watercolor <sup>Pr, C, S</sup>	Expressive of Art <sup>S, C, Pr.</sup> Best 10 <sup>C, S</sup>
10:55-11:40	Hangman <sup>C, S</sup> 100 Or Bust <sup>S, C</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>	Hedbanz <sup>S, C</sup> Conversation Ball <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	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</sup> Expressive of Art <sup>S, C, Pr.</sup>	Chimes <sup>Pr., S, C</sup> Family Feud <sup>S, C</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> Word Scramble <sup>C, S</sup>	Bean Bag Toss <sup>C, S</sup> Story Writing <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Guitar Music with Michael <sup>S, Pr.</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Connect 4 <sup>S, C</sup> Music Appreciation <sup>R, S</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>	Relaxing Conversation <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	19	20	21	22	23
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Presidents' Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Muffin 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 <b>National Tile Day</b>
10:00-10:45	Big Words & Small Words <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Jeopardy <sup>S, C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Word Charts <sup>C, S</sup> Conversation Ball <sup>S, C</sup>	Word Scramble <sup>C, S</sup> Coloring <sup>C, S</sup>	Expressive of Art <sup>S, C, Pr.</sup> Bingo <sup>S, C</sup>
10:55-11:40	Best 10 <sup>S, C</sup> Raise Up Hand <sup>S, C</sup>	Crossword Puzzle <sup>C, S</sup> Bean Bag Toss <sup>S, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bingo Games <sup>S, Pr.</sup> Conversation Ball <sup>C, S</sup>	100 Or Bust <sup>S, C</sup> Crossword Puzzle <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>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C</sup> UNO <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>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Connect 4 <sup>C, S</sup> Family Feud <sup>C, S</sup>	Lawn Darts <sup>C, P, S</sup> Pictionary <sup>C, S</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bowling Game <sup>S, C</sup> Balloon Crash <sup>S, C</sup>	Friday 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>	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>	Words of Wisdom <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Retro Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Leap Day</b>	
10:00-10:45	Name That Tunes <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Word Charts <sup>C, S</sup> Trivia <sup>C, S</sup>	Bean Bag Toss <sup>S, C</sup> Art & Craft <sup>C, S, Pr.</sup>	Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup>	
10:55-11:40	Raise Up Hand <sup>S, C</sup> Hedbanz <sup>S, C</sup>	Raise Up Hand <sup>S, C</sup> Crossword Puzzle <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Best 10 <sup>S, C</sup> Conversation Ball <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>	
2:00-2:45	Hangman <sup>S, C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bingo <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Chimes <sup>S, C, Pr.</sup> Pictionary <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bowling Game <sup>S, C</sup> Shake the memory <sup>C, S</sup>	
4:10-4:30	Connect 4 <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Relax 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>	Words of Wisdom <sup>C, S</sup> One on one projects <sup>Pr.</sup>	

\*Alternative activities will be offered as requested

February is...

- National Heart Month
- National Bird Feeding Month
- National Black History Month
- Chinese New Year
- National Wedding Month
- Creative Romance Month

<p><b><u>Personal Workshop</u></b></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Reminisce</p> <p>Coloring</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Music &amp; Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><b><u>Exercise &amp; Wellness Groups:</u></b></p> <p>*2 choices are offered to participants daily*</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind &amp; Body): Chair Yoga Core Focus: Chair Pilates Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
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