



Adult Care Center of the Northern Shenandoah Valley, Inc.

2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<b>1</b>
9:00-9:45					Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45					Drum Circle <sup>Pr. S. C</sup> One on one projects <sup>Pr.</sup>
10:55-11:40					Big Words & Small Words <sup>C. S</sup> One on one projects <sup>Pr.</sup>
12:00-1:55					Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45					Regular Exercise <sup>P. S</sup> Cycling <sup>P. S</sup>
3:00					Refreshments
3:30-4:00					Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30					Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Pound Cake Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Linda S.!</b> <b>National Oreo Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Sock Monkey Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Name That Tunes <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Bible Trivia <sup>C, S</sup> Expressive of Art <sup>S, C, Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	A to Z <sup>C, S</sup> Art/Craft: Shamrock Suncatcher <sup>S, C, Pr.</sup>	Bingo Game <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>	Crossword Puzzle <sup>C, S</sup> Shake the memory <sup>C, S</sup>	Conversation <sup>S, C</sup> Pictionary <sup>C, S</sup>	UNO <sup>S, C</sup> Family Feud <sup>S, C</sup>	Best 10 <sup>S, C</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>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Ping Pong Hole in One <sup>P, C</sup> One on one projects <sup>Pr.</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>	Hungry Hungry Hippos <sup>P, S</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	100 or Bust <sup>C, S</sup> Story Writing <sup>C, S</sup>	Balloon Crash <sup>P, C</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Which Came First? <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Conversation Ball <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>	Penny Ante <sup>S, C</sup> Relaxing Conversation <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	11	12	13	14	15
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Napping 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>Happy Birthday, Shannon! National Potato Chip Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy St. Patrick's Day (17th)</b>
10:00-10:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Karaoke <sup>C, S</sup> One on one projects <sup>S, C, Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Jeopardy (Ipad) <sup>S, C</sup> One on one Projects <sup>Pr.</sup>	100 or Bust <sup>S, C</sup> Best 10 <sup>C, S</sup>
10:55-11:40	Family Feud <sup>C, S</sup> Pictionary <sup>S, C</sup>	Crossword Puzzle <sup>C, S</sup> Go Fish <sup>C, S</sup>	Trivia <sup>P, S</sup> Wheel of Fortune <sup>P, S</sup>	Which do you Prefer? <sup>C, S</sup> One on one projects <sup>Pr.</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	Best 10 <sup>C, S</sup> Spin the Wheel <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Expressive Art <sup>S, C, Pr.</sup>	Bingo Exercise <sup>P, C</sup> One on one projects <sup>Pr.</sup>	Gold Coin & Leprechaun's Hat <sup>P, S</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Left Right Center <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Bean Bag Toss <sup>C, S</sup> Word Cookie <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Tic Tac Toe Throw <sup>P, C</sup> Word Scramble <sup>C, S</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>
	18	19	20	21	22
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Sloppy Joe Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>First Day of Spring National Ag Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Crunchy Taco Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Music A to Z <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Jeopardy (iPad) <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Chimes <sup>S, C, Pr.</sup> Coloring <sup>C, S</sup>	Karaoke <sup>C, S</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Hangman <sup>S, C</sup> Family Feud <sup>C, S</sup>	Crossword Puzzle <sup>C, S</sup> Bean Bag Toss <sup>S, Pr.</sup>	Pictionary <sup>C, S</sup> Word Scramble <sup>C, S</sup>	Bingo Games <sup>S, Pr.</sup> Conversation Ball <sup>C, S</sup>	Word Chart <sup>C, S</sup> Balloon Crash <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>	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> Card Game <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Art & Craft <sup>S, C, Pr.</sup> Egg Hunting <sup>S, C</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Spin the Wheel <sup>S, C</sup> Raise Up Hand <sup>S, C</sup>	Lawn Darts <sup>C, P, S</sup> Connect 4 <sup>C, S</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	Round table talk <sup>C, S, R</sup> One on one projects <sup>Pr.</sup>	Trivia <sup>C, S</sup> / Words of Wisdom <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>

	25	26	27	28	29
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Spinach Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>World Piano Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Good Friday/ Happy Easter (31)!</b>
10:00-10:45	Name That Tunes <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Trivia Tuesday <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Drum Circle <sup>Pr. S, C</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Word Charts <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Raise Up Hand <sup>S, C</sup> Crossword Puzzle <sup>C, S</sup>	Trivia <sup>C, S</sup> Raise Up Hand <sup>S, C</sup>	Best 10 <sup>S, C</sup> Conversation Ball <sup>C, S</sup>	Jeopardy <sup>S, C</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>	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>	Chimes <sup>S, C Pr.</sup> One on one projects <sup>Pr.</sup>	Bingo <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bowling <sup>P, S</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Chair Volleyball <sup>P, S</sup> Connect 4 <sup>C, S</sup>	Exercise <sup>P, S</sup> Vocabulary Solitaire <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Wheels of Fortune <sup>C, S</sup> Shake the memory <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>	Words of Wisdom <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Relax 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>

\*Alternative activities will be offered as requested

March is...

- National Peanut Month
- National Irish American Heritage Month
- National Frozen Food Month
- Red Cross Month
- National Celery Month
- National Nutrition Month

**Personal Workshop**

Jigsaw Puzzles  
Crossword/Word Search  
Reminisce  
Coloring  
Indoor/Outdoor Walks (depending on temperature)  
Music & Memory

**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

\*\*Offered throughout the day to ensure person centered care\*\*