



Adult Care Center of the Northern Shenandoah Valley, Inc.

2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword April Fool's Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Walking Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Caramel Day
10:00-10:45	Headbanz ^{S, C} One on one projects ^{Pr.}	Wheels of Fortune (Ipad) ^{S, C} One on one projects ^{Pr.}	100 or Bust ^{C, S} Story Writing ^{C, S}	Animal A to Z Word Cookie ^{S, C}	Drum Circle ^{Pr, S, C} Penny Ante ^{S, C}
10:55-11:40	Hangman ^{S, C} One on one projects ^{Pr.}	Trivia Tuesday (Ipad) ^{S, C} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Bean Bag Toss ^{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.} UNO ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} iPad Bowling ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Exercise Bingo ^{P, S} One on one projects ^{Pr.}	Balloon Crash ^{P, S} Word Scramble ^{C, S}	Best 10 ^{S, C} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bowling ^{P, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Connect 4 ^{S, C} Big Word Small Word ^{C, S}	Spin the Wheel ^{S, C} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Hungry Hungry Hippos ^{S, P} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Which do you Prefer? ^{S, C} One on one projects ^{Pr.}	Conversation Ball One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Which came first? ^{S, C} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	8	9	10	11	12
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Zoo Lover Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Siblings Day	Morning News Hour/ Participants Choice: Word search/Crossword National Submarine Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Music A to Z ^{C, S} One on one projects ^{Pr.}	Best 10 ^{C, S} Hedbanz ^{S, C}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Chimes ^{C, S, Pr.} One on one projects ^{Pr.}	Karaoke ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Pictionary ^{C, S} Word Scramble ^{C, S}	Balloon Crash ^{P, S} One on one projects ^{Pr.}	Conversation ^{S, C} Story Writing ^{C, 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.} Janga ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Bingo Exercise ^{P, C} One on one projects ^{Pr.}	Hangman ^{C, S} Big word Small Word ^{C, S}	Best 10 ^{C, S} Left Right Center ^{C, S}	Cup Shuffleboard ^{P, S} One on one projects ^{Pr.}	Table Hockey ^{P, C} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bulldoze the Cup ^{P, S} One on one projects ^{Pr.}	Ping Pong Hole in One ^{P, C} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Word Chart ^{C, S} Family Feud ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Round Table Talk ^{S, C} One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Trivia ^{S, C} Relaxing Conversation ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	15	16	17	18	19
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Orchid Day	Morning News Hour/ Participants Choice: Word search/Crossword National Cheeseball Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Katie!	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Karaoke ^{C, S} One on one projects ^{S, C, Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Jeopardy (Ipad) ^{S, C} One on one Projects ^{Pr.}	Jeopardy ^{C, S} 100 or Bust ^{S, C}
10:55-11:40	Family Feud ^{C, S} Pictionary ^{S, C}	Crossword Puzzle ^{C, S} Card Game: Old Maid ^{C, S}	Trivia ^{P, S} Wheel of Fortune ^{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.} iPad Bowling ^{S, C, Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Best 10 ^{C, S} Spin the Wheel ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Expressive Art ^{S, C, Pr.}	Art & Craft ^{S, C, Pr.} Lawn Dart ^{C, S}	Balloon Tennis ^{P, C} Expressive of Art ^{S, C, Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Left Right Center ^{C, S} One on one projects ^{Pr.}	Bean Bag Toss ^{C, S} Word Cookie ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Guitar Music with Michael ^{S, Pr.} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Connect 4 ^{S, C} Music Appreciation ^{R, S}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	22	23	24	25	26
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Earth Day	Morning News Hour/ Participants Choice: Word search/Crossword National Cherry Cheesecake Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Telephone Day	Morning News Hour/ Participants Choice: Word search/Crossword National Pretzel Day
10:00-10:45	Music A to Z ^{C, S} Word Scramble ^{C, S}	Jeopardy (iPad) ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Chimes ^{S, C, Pr.} Coloring ^{C, S}	Karaoke ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Geography Trivia ^{S, C} Family Feud ^{C, S}	Crossword Puzzle ^{C, S} Bean Bag Toss ^{S, Pr.}	Pictionary ^{C, S} Spin the Wheel ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Word Chart ^{C, S} Connect 4 ^{C, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Domino ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing ^{C, S}	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}	Bowling Game ^{P, S} One on one projects ^{Pr.}	Crossword Puzzle ^C Card Game ^{S, C}	Bingo Games ^{S, Pr.} Conversation Ball ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Expressive of Art ^{S, C, Pr.} Tic Tac Toe Toss ^{S, C}	Best 10 ^{C, S} Balloon Crash ^{S, Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Chair Volleyball ^{P, S} Magic Broom ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Raise Up Hand ^{S, C} One on one projects ^{Pr.}	Trivia ^{C, S} / Words of Wisdom ^{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.}

	29	30			
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Zipper Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Rachel!			
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Price Is Right ^{C, S} One on one projects ^{Pr.}			
10:55-11:40	Family Feud ^{C, S} Hedbanz ^{S, C}	Wheels of Fortune ^{S, C} Crossword Puzzle ^{C, S}			
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Life Story			
2:00-2:45	Word Charts ^{C, S} Expressive of Art ^{S, C, Pr.}	Chimes ^{S, C Pr.} One on one projects ^{Pr.}			
3:00	Refreshments	Refreshments			
3:30-4:00	Connect 4 ^{C, S} Music Hangman ^{S, C}	Exercise ^{P, S} Lawn Darts ^{C, P, S}			
4:10-4:30	Pictionary ^{S, C} One on one projects ^{Pr.}	Words of Wisdom ^{C, S} One on one projects ^{Pr.}			

*Alternative activities will be offered as requested

April is...

- National Pickleball Month
- National Brunch Month
- National Financial Literacy Month
- National Month of Hope
- National Volunteer Month
- Occupational Therapy Month

<p><u>Personal Workshop</u></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 & Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants daily*</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind & Body): Chair Yoga Core Focus: Chair Pilates</p> <p>Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
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