





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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
9:00-9:45			Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Prayer	Happy Apple Blossom! We are closed!
10:00-10:45			Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Apple Blossom Trivia ^{S, C} Word Charts ^{S, C}	
10:55-11:40			Pictionary ^{C, S} Hedbanz ^{S, C}	Wheels of Fortune ^{S, C} Bean Bag Toss ^{P, S}	
12:00-1:55			Lunch & Relaxation/ One on one projects ^{Pr.} Sewing Group ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}	
2:00-2:45			Life Story ^{S, C} Art & Craft ^{S, C, Pr.}	Story Writing ^{C, S} Drum Circle ^{C, Pr. S}	
3:00			Refreshments	Refreshments	
3:30-4:00			Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Big word Small Word ^{C, S.} One on one projects ^{Pr.}	
4:00-4:30			Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Which came first? ^{S, C} One on one projects ^{Pr.}	
	6	7	8	9	10
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Nurse 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	Morning News Hour/ Participants Choice: Word search/Crossword Happy Mother's Day (12th)!
10:00-10:45	Music Hangman ^{C, S} One on one projects ^{Pr.}	Trivia (Ipad) One on one projects ^{Pr.}	Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Karaoke ^{C, S} One on one projects ^{Pr.}	Chimes ^{C, S, Pr.} One on one projects ^{Pr.}
10:55-11:40	Hedbanz ^{C, S} Word Charts ^{C, S}	Balloon Crash ^{P, S} One on one projects ^{Pr.}	Conversation ^{S, C} Spin the Wheel ^{S, C}	Left Right Center ^{C, S} Crossword Puzzle ^{C, S}	Lid Shuffleboard ^{P, S} One on one projects ^{Pr.}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Jenga ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing Group ^{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.}	Bulldoze the Cup ^{P, S} One on one projects ^{Pr.}	Best 10 ^{C, S} Expressive Art ^{S, C, Pr.}	Bean Bag Toss ^{P, S} Conversation Ball ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Story Writing ^{C, S} Big word Small Word ^{C, S.}	Ping Pong Hole in One ^{P, C} Pictionary ^{C, S}	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	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Round Table Talk ^{S, C,} 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.}

	13	14	15	16	17
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie 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 Classic Movie Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Deal or no Deal (Ipad) ^{C, S} One on one projects ^{S, C, Pr.}	Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Bible Trivia ^{P, S} One on one projects ^{Pr.}	Spring A to Z ^{C, S} Hedbanz ^{S, C}
10:55-11:40	Word Chart ^{C, S} Pictionary ^{S, C}	Story Writing ^{C, S} UNO ^{C, S}	Hangman ^{C, S} Conversation ^S	Chimes ^{S, C, Pr.} Coloring ^{C, S}	Which Came First? ^{S, C} Origami ^{Pr., S, C}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Jenga ^{S, C, Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing Group ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Tower Building Race ^{C, P} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{C, S} One on one projects ^{Pr.}	Warm up Exercise ^{P, S} Bean Bag Toss ^{P, C,} One on one projects ^{Pr.}	Tic Tac Toe Toss ^{P, C} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	100 or Bust ^{C, S} Spin the Wheel ^{C, S}	Connect 4 ^{P, 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	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.}	Guitar Music with Michael ^{S, Pr.} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	20	21	22	23	24
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National American Red Cross Founder's Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Margaret!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Road Trip Day
10:00-10:45	Spin the Wheel ^{C, S} Word Scramble ^{C, S}	Karaoke ^{S, C} One on one projects ^{Pr.}	Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Word Cookie ^{S, C} Best 10 ^{C, S}	Jeopardy ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Family Feud ^{C, S} Card Game: Go Fish ^{C, S}	Balloon Tennis ^{P, C, S,} Trivia ^{S, C}	This is the Year ^{C, S} Wheel of Fortune ^{S, C}	Which do you Prefer? ^{C, S} Story Writing ^{C, S}	Big Word Small Word ^{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 Group ^{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}	Spin the Wheel ^{C, S} Best 10 ^{C, S}	Crossword Puzzle ^{S, C} Expressive Art ^{S, C, Pr.}	Bingo ^{C, S} One on one projects ^{Pr.}	Bingo Exercise ^{P, C} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Tic Tac Toe Toss ^{P, C} Word Charts ^{S, C}	Left Right Center ^{C, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Whack a Mole ^{P, S} Hungry Hungry Hippos ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Penny Ante ^{S, C} One on one projects ^{Pr.}	Jenga ^{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.}

	27	28	29	30	31
9:00-9:45	Happy Memorial Day! We are closed!	Morning News Hour/ Participants Choice: Word search/Crossword National Hamburger Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Water A Flower Day	Morning News Hour/ Participants Choice: Word search/Crossword National Smile Day
10:00-10:45		Wheels of Fortune (Ipad) ^{S, C} One on one projects ^{Pr.}	Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Price Is Right ^{C, S} One on one projects ^{Pr.}	100 or Bust ^{C, S} Story Writing ^{C, S}
10:55-11:40		Lawn Darts ^{C, P, S} Crossword Puzzle ^{C, S}	Headbanz ^{S, C} Words of Wisdom ^{C, S}	Trivia (Ipad) ^{S, C} One on one projects ^{Pr.}	Exercise Bingo ^{P, S} Cycling ^{P, S}
12:00-1:55		Lunch & Relaxation/ One on one projects ^{Pr.} Life Story	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing Group ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} iPad Bowling ^{C, S}
2:00-2:45		Chimes ^{S, C Pr.} One on one projects ^{Pr.}	UNO Game ^{C, S} Art & Craft ^{S, C, Pr.}	Balloon Crash ^{P, S} Word Scramble ^{C, S}	Hungry Hungry Hippos ^{S, P} One on one projects ^{Pr.}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Chair Volleyball ^{P, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Ping Pong Hole in One ^{P, C} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30		Music Appreciation ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Spin the Wheel ^{S, C} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

May is...

- National Miniature Garden Month
- National Stroke Awareness Month
- ALS Awareness Month
- National Asparagus Month
- National Mental Health Awareness Month
- National Military Appreciation 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