



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

## 2024



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Hug Your Cat Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Moonshine Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Hazel!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Chocolate Ice Cream Day</b>
10:00-10:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Wheels of Fortune <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Word Charts <sup>C, S</sup> Pictionary <sup>C, S</sup>	Trivia Thursday <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Karaoke <sup>C, S</sup> Art & Craft <sup>S, C, Pr.</sup>
10:55-11:40	Best 10 <sup>C, S</sup> Raise up Hand <sup>C, S</sup>	Crossword Puzzle <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Balloon Crash <sup>P, S</sup> Conversation <sup>S, C</sup>	Drum Circle <sup>C, Pr. S</sup> One on one projects <sup>Pr.</sup>	Bowling Game <sup>S, P</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> Jenga <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Sewing Group <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Family Feud <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Bingo Exercise <sup>P, C</sup> One on one projects <sup>Pr.</sup>	Life Story <sup>S, C</sup> Art & Craft <sup>S, C, Pr.</sup>	Story Writing <sup>C, S</sup> Rainbow Board <sup>P, C, S</sup>	Music Time- Chimes <sup>C, S, Pr.</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Left Right Center <sup>C, S</sup> Ring Toss <sup>P, S</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Ping Pong Hole in One <sup>P, C</sup> Hungry Hungry Hippos <sup>P, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30	Conversation Ball <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Round Table Talk <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Bean Bag Toss <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Black Cow Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Corn on the Cob Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Red Rose Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Flag Day</b> <b>Happy Birthday, Kitty!</b>
10:00-10:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Trivia (Ipad) One on one projects <sup>Pr.</sup>	Warm up Exercise <sup>P, S</sup> Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Karaoke <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Jeopardy <sup>C, S</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Expressive Art <sup>S, C, Pr.</sup> Penny Ante <sup>S, C</sup>	Story Writing <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Pictionary <sup>C, S</sup> Spin the Wheel <sup>S, C</sup>	Crossword Puzzle <sup>C, S</sup> Family Feud <sup>C, S</sup>	Bean Bag Toss <sup>P, S</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> Jenga <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Sewing Group <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Music Hangman <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Lid Shuffleboard <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Best 10 <sup>C, S</sup> Expressive Art <sup>S, C, Pr.</sup>	Bulldoze the Cup <sup>P, S</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	Refreshments
3:30-4:00	Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Big word Small Word <sup>C, S</sup> Pictionary <sup>C, S</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Word Chart <sup>C, S</sup> 100 or Bust <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Round Table Talk <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Trivia <sup>S, C</sup> Relaxing Conversation <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	17	18	19	20	21
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National CNA week</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Go Fishing Day</b>	<b>Happy Juneteenth!</b> <b>We are closed.</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National American Eagle Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Donald(23rd)!</b>
10:00-10:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Story Writing <sup>C, S</sup> Family Feud <sup>S, C</sup>		Trivia <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Connect 4 <sup>C, S</sup> Art & Craft <sup>S, C, Pr.</sup>
10:55-11:40	Big Word Small Word <sup>C, S</sup> Pictionary <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>		Bean Bag Toss <sup>P, C,</sup> One on one projects <sup>Pr.</sup>	Bulldoze the Cup <sup>P, S</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> UNO <sup>S, C</sup>		Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Hungry Hippo <sup>C, P</sup> Spin the Wheel <sup>C, S</sup>	Giant Jenga <sup>P, C</sup> Word Chart <sup>S, C,</sup>		Exercise Bingo <sup>P, S</sup> 100 or Bust <sup>C, S</sup>	Music Time- Chimes <sup>C, S, Pr.</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments		Refreshments	Refreshments
3:30-4:00	Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Table Hockey <sup>P, S</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	Left Right Center <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Penny Ante <sup>C, S</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>
	24	25	26	27	28
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Catfish Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Chocolate Pudding Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Party of 70's</b>	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Price Is Right <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Warm up Exercise <sup>P, S</sup> Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Karaoke & Dance party <sup>S, C</sup> One on one projects <sup>Pr.</sup>	This is the Year <sup>C, S</sup> Headbandz <sup>S, C</sup>
10:55-11:40	Word Chart <sup>C, S</sup> Pictionary <sup>C, S</sup>	Pool Noodle Drop <sup>P, C, S</sup> One on one projects <sup>Pr.</sup>	Connect 4 <sup>C, S</sup> Trivia <sup>S, C</sup>	Twister? <sup>C, S</sup> Fashion Show? <sup>C, S</sup>	Story Writing <sup>C, S</sup> Karaoke <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> Sewing Group <sup>C, S</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Bowling <sup>P, C, S</sup> One on one projects <sup>Pr.</sup>	Exercise Bingo <sup>C, P</sup> One on one projects <sup>Pr.</sup>	Bingo <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Dump balls & trust friends <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Music Time- Drum Circle <sup>C, S, Pr.</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	100 or Bust <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Deal or No Deal (Ipad) <sup>C, S</sup> Best 10 <sup>C, S</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Whack a Mole <sup>P, S</sup> Hungry Hungry Hippos <sup>P, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Penny Ante <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Life Story <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>

\*Alternative activities will be offered as requested

June is...

- National Safety Month
- National Great Outdoors Month
- National Camping Month
- National Candy Month
- National Fresh Fruit & Vegetables Month
- Aquarium 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