

$\begin{tabular}{ll} Adult Care Center of the Northern Shenandoah Valley, Inc. \\ 2024 \end{tabular}$



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Happy Independence Day!	Morning News Hour/ Participants
9:45	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword		Choice: Word search/Crossword
			National Chocolate Wafer Day	We are closed!!	National Bikini Day
10:00-	Big word Small Word: "Hot Dogs	Karaoke ^{S, C}	Word Charts ^{C, S}	***	Jeopardy ^{C, S}
10:45	Party on the Independence Day" C, S.	One on one projects Pr.	Name That Landmark ^{C, S}	~ * * * *	One on one projects Pr.
	One on one projects Pr.				
10:55-	Spin the Wheel S, C	Wheels of Fortune (iPad) S, C	Family Feud C, S		Crossword Puzzle C, S
11:40	One on one projects Pr.	One on one projects Pr.	Hedbanz ^{S, C}		Art & Craft ^{S, C}
12:00-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/		Lunch & Relaxation/
1:55	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.		One on one projects Pr.
			Sewing Group C, S		
2:00-	Summer A to Z S, C	Table Hockey P, S	Life Story C, S		Regular Exercise P, S
2:45	One on one projects Pr.	One on one projects Pr.	Best 10 ^{C, S} / Art & Craft ^{S, C, Pr.}		Cycling P, S
3:00	Refreshments	Refreshments	Refreshments		Refreshments
3:30-	Chair Volleyball P, S	100 or Bust ^{C, S}	Midweek Movie Matinee R/		Friday Frolic R
4:00	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.		One on one projects Pr.
4.00	Trivia ^{C, S} /	TE 1 C1 .: R	No. 1 1 No. 1 No. 1 R/		E'I E I' R
4:00-	Conversation Ball ^{C. S}	Tuesday Showtime R	Midweek Movie Matinee R/		Friday Frolic R
4:30	Conversation Ball C. 3	One on one projects Pr.	One on one projects Pr.		One on one projects Pr.
4:30				11	
	8	9	10	11 Morning News Hour/ Participants	12
9:00-	8 Morning News Hour/ Participants	9 Morning News Hour/ Participants	10 Morning News Hour/ Participants	Morning News Hour/ Participants	12 Morning News Hour/ Participants
	8 Morning News Hour/ Participants Choice: Word search/Crossword	9 Morning News Hour/ Participants Choice: Word search/Crossword	10 Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	12
9:00- 9:45	8 Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day	9 Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day	10 Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's	Morning News Hour/ Participants Choice: Word search/Crossword
9:00-	8 Morning News Hour/ Participants Choice: Word search/Crossword	9 Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad)	10 Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	12 Morning News Hour/ Participants
9:00- 9:45 10:00- 10:45	8 Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P. S Cycling P. S	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P. S Intergenerational Pr., S. C One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S, C One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C. S Art & Craft S, C
9:00- 9:45 10:00- 10:45 10:55-	8 Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P.S Cycling P.S Hedbanz C.S	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr. Balloon Crash P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise Pr. S Intergenerational Pr., S, C One on one projects Pr. Conversation S, C	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S. C One on one projects Pr. 70's Trivia C. S	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C.S Art & Craft S.C Table Bowling P.S
9:00- 9:45 10:00- 10:45	8 Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P. S Cycling P. S	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P. S Intergenerational Pr., S. C One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S, C One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C. S Art & Craft S, C
9:00- 9:45 10:00- 10:45 10:55- 11:40	Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P.S Cycling P.S Hedbanz C.S Word Charts C.S	9 Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr. Balloon Crash P, S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P. S Intergenerational Pr., S, C One on one projects Pr. Conversation S, C Spin the Wheel S, C	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S. C One on one projects Pr. 70's Trivia C. S Fashion Show C. S	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C.S Art & Craft S.C Table Bowling P.S One on one projects Pr.
9:00- 9:45 10:00- 10:45 10:55- 11:40	Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P.S Cycling P.S Hedbanz C.S Word Charts C.S Lunch & Relaxation/	9 Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr. Balloon Crash P. S One on one projects Pr. Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P. S Intergenerational Pr., S, C One on one projects Pr. Conversation S, C Spin the Wheel S, C Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S. C One on one projects Pr. 70's Trivia C. S Fashion Show C. S Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C.S Art & Craft S.C Table Bowling P.S One on one projects Pr. Lunch & Relaxation/
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9:00- 9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P.S Cycling P.S Hedbanz C.S Word Charts C.S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr. Balloon Crash P, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Jenga C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P. S Intergenerational Pr., S, C One on one projects Pr. Conversation S, C Spin the Wheel S, C Lunch & Relaxation/ One on one projects Pr. Sewing Group C, S	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S. C One on one projects Pr. 70's Trivia C. S Fashion Show C. S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C, S Art & Craft S, C Table Bowling P, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr.
9:00- 9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P.S Cycling P.S Hedbanz C.S Word Charts C.S Lunch & Relaxation/ One on one projects Pr. Chimes C.S.Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr. Balloon Crash P.S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Jenga C.S Regular Exercise P.S	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P. S Intergenerational Pr., S, C One on one projects Pr. Conversation S, C Spin the Wheel S, C Lunch & Relaxation/ One on one projects Pr. Sewing Group C, S Best 10 C, S	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S. C One on one projects Pr. 70's Trivia C. S Fashion Show C. S Lunch & Relaxation/ One on one projects Pr. Dump balls & trust friends C. S	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C, S Art & Craft S, C Table Bowling P, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S
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9:00- 9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P.S Cycling P.S Hedbanz C.S Word Charts C.S Lunch & Relaxation/ One on one projects Pr. Chimes C.S.Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr. Balloon Crash P.S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Jenga C.S Regular Exercise P.S	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P. S Intergenerational Pr., S, C One on one projects Pr. Conversation S, C Spin the Wheel S, C Lunch & Relaxation/ One on one projects Pr. Sewing Group C, S Best 10 C, S	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S. C One on one projects Pr. 70's Trivia C. S Fashion Show C. S Lunch & Relaxation/ One on one projects Pr. Dump balls & trust friends C. S One on one projects Pr. Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C, S Art & Craft S, C Table Bowling P, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S
9:00- 9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45	Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P. S Cycling P. S Cycling P. S Word Charts C. S Word Charts C. S Lunch & Relaxation/ One on one projects Pr. Chimes C. S. Pr. One on one projects Pr.	9 Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr. Balloon Crash P, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Jenga C, S Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P. S Intergenerational Pr., S, C One on one projects Pr. Conversation S. C Spin the Wheel S, C Lunch & Relaxation/ One on one projects Pr. Sewing Group C, S Best 10 C, S Expressive Art S, C, Pr. Refreshments Midweek Movie Matinee R/	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S, C One on one projects Pr. 70's Trivia C, S Fashion Show C, S Lunch & Relaxation/ One on one projects Pr. Dump balls & trust friends C, S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C, S Art & Craft S, C Table Bowling P, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S
9:00- 9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45	Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P.S Cycling P.S Cycling P.S Word Charts C.S Word Charts C.S Lunch & Relaxation/ One on one projects Pr. Chimes C.S.Pr. One on one projects Pr. Refreshments Table Hockey P.S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr. Balloon Crash P, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Jenga C, S Regular Exercise P, S Cycling P, S Refreshments Ping Pong Hole in One P, C Pictionary C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P. S Intergenerational Pr., S, C One on one projects Pr. Conversation S. C Spin the Wheel S, C Lunch & Relaxation/ One on one projects Pr. Sewing Group C, S Best 10 C, S Expressive Art S, C, Pr. Refreshments Midweek Movie Matinee R/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S, C One on one projects Pr. 70's Trivia C, S Fashion Show C, S Lunch & Relaxation/ One on one projects Pr. Dump balls & trust friends C, S One on one projects Pr. Refreshments Whack a Mole P, S Hungry Hungry Hippos P, S	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C,S Art & Craft S,C Table Bowling P,S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P,S Cycling P,S Refreshments Friday Frolic R One on one projects Pr.
9:00- 9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P, S Cycling P, S Hedbanz C, S Word Charts C, S Lunch & Relaxation/ One on one projects Pr. Chimes C, S, Pr. One on one projects Pr. Refreshments Table Hockey P, S One on one projects Pr. Relaxing Piano Music R, S	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr. Balloon Crash P, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Jenga C, S Regular Exercise P, S Cycling P, S Cycling P, S Refreshments Ping Pong Hole in One P, C Pictionary C, S Round Table Talk S, C,	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P, S Intergenerational Pr., S, C One on one projects Pr. Conversation S, C Spin the Wheel S, C Lunch & Relaxation/ One on one projects Pr. Sewing Group C, S Best 10 C, S Expressive Art S, C, Pr. Refreshments Midweek Movie Matinee R/ One on one projects Pr. Midweek Movie Matinee R/	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S, C One on one projects Pr. 70's Trivia C, S Fashion Show C, S Lunch & Relaxation/ One on one projects Pr. Dump balls & trust friends C, S One on one projects Pr. Refreshments Whack a Mole P, S Hungry Hungry Hippos P, S Relaxing Conversation C, S	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C.S Art & Craft S.C Table Bowling P.S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P.S Cycling P.S Refreshments Friday Frolic R One on one projects Pr. Friday Frolic R
9:00- 9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day Bingo Exercise P.S Cycling P.S Cycling P.S Word Charts C.S Word Charts C.S Lunch & Relaxation/ One on one projects Pr. Chimes C.S.Pr. One on one projects Pr. Refreshments Table Hockey P.S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day Trivia (Ipad) One on one projects Pr. Balloon Crash P, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Jenga C, S Regular Exercise P, S Cycling P, S Refreshments Ping Pong Hole in One P, C Pictionary C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day Warm up Exercise P. S Intergenerational Pr., S, C One on one projects Pr. Conversation S. C Spin the Wheel S, C Lunch & Relaxation/ One on one projects Pr. Sewing Group C, S Best 10 C, S Expressive Art S, C, Pr. Refreshments Midweek Movie Matinee R/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's Karaoke & Dance party S, C One on one projects Pr. 70's Trivia C, S Fashion Show C, S Lunch & Relaxation/ One on one projects Pr. Dump balls & trust friends C, S One on one projects Pr. Refreshments Whack a Mole P, S Hungry Hungry Hippos P, S	Morning News Hour/ Participants Choice: Word search/Crossword Bingo C,S Art & Craft S,C Table Bowling P,S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P,S Cycling P,S Refreshments 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 National I Love Horses Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Lester!	Morning News Hour/ Participants Choice: Word search/Crossword National Tropical Fruit Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00- 10:45	Regular Exercise P, S Cycling P, S	Story Writing ^{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.}	This is the Year ^{C, S} Origami ^{S, C}
10:55- 11:40	Hangman ^{C, S} Fill in the Blank ^{S, C}	Rainbow Board ^{C, S, P} Connect 4 ^{C, S, P}	Pictionary ^{C, S} Conversation ^S	Pool Noodle Drop ^{P, C} Balloon Tennis ^{S, P}	True or False Toss ^{S, P} Hungry Hungry Hippos ^{P, S}
12:00- 1:55	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects ^{Pr.} Obie ^{S, C}	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	Spin the Wheel ^{C, S} Which Came First? ^{C, S}	Regular Exercise P, S Cycling P, S	Bingo ^{C, S} One on one projects ^{Pr.}	100 or Bust ^{C, S} UNO ^{S, C,}	Exercise Bingo P, S Cycling P, S
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30- 4:00	Bean Bag Toss P, S Magic Broom P, S	Name that Tune ^{C, S} Expressive Art ^{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	Guitar Concert ^{S, R} One on one projects ^{Pr.}	Penny Ante ^{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.}
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	22			_ _ J	_0
9:00- 9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Hammock Day	Morning News Hour/ Participants Choice: Word search/Crossword National Vanilla Ice cream Day	Morning News Hour/ Participants Choice: Word search/Crossword National Amelia Earhart Day	Morning News Hour/ Participants Choice: Word search/Crossword National Wine and Cheese Day	Morning News Hour/ Participants Choice: Word search/Crossword
	Morning News Hour/ Participants Choice: Word search/Crossword National Hammock Day Big Word Small Word ^{C, S} A to Z ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword National Vanilla Ice cream Day Karaoke S. C One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Amelia Earhart Day Warm up Exercise P. S Intergenerational Pr., S, C One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants
9:45 10:00- 10:45 10:55- 11:40	Morning News Hour/ Participants Choice: Word search/Crossword National Hammock Day Big Word Small Word ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword National Vanilla Ice cream Day Karaoke S, C One on one projects Pr. Pyramid Toss C, S Bingo S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Amelia Earhart Day Warm up Exercise P.S Intergenerational Pr., S, C One on one projects Pr. Name that Landscape C. S Raise up Hand S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Wine and Cheese Day Deal or No Deal (Ipad) S, C One on one projects Pr. Wheels of Fortune C, S Lawn Darts P, S	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C, S} One on one projects ^{Pr.} Bowling ^{P, S} Headbanz ^{C, S}
9:45 10:00- 10:45 10:55-	Morning News Hour/ Participants Choice: Word search/Crossword National Hammock Day Big Word Small Word C, S A to Z C, S Crossword C, S Left Right Center C, S Lunch & Relaxation/ One on one projects Pr. Obie S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Vanilla Ice cream Day Karaoke S, C One on one projects Pr. Pyramid Toss C, S Bingo S, C Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Amelia Earhart Day Warm up Exercise P.S Intergenerational Pr., S, C One on one projects Pr. Name that Landscape C.S Raise up Hand S, C Lunch & Relaxation/ One on one projects Pr. Sewing Group C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Wine and Cheese Day Deal or No Deal (Ipad) S, C One on one projects Pr. Wheels of Fortune C, S Lawn Darts P, S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C, S} One on one projects ^{Pr.} Bowling ^{P, S} Headbanz ^{C, S} Lunch & Relaxation/ One on one projects ^{Pr.}
9:45 10:00- 10:45 10:55- 11:40 12:00-	Morning News Hour/ Participants Choice: Word search/Crossword National Hammock Day Big Word Small Word C, S A to Z C, S Crossword C, S Left Right Center C, S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Vanilla Ice cream Day Karaoke S, C One on one projects Pr. Pyramid Toss C, S Bingo S, C Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword National Amelia Earhart Day Warm up Exercise P.S Intergenerational Pr., S, C One on one projects Pr. Name that Landscape C. S Raise up Hand S, C Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Wine and Cheese Day Deal or No Deal (Ipad) S, C One on one projects Pr. Wheels of Fortune C, S Lawn Darts P, S Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C, S} One on one projects ^{Pr.} Bowling ^{P, S} Headbanz ^{C, S} Lunch & Relaxation/
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00-	Morning News Hour/ Participants Choice: Word search/Crossword National Hammock Day Big Word Small Word C, S A to Z C, S Crossword C, S Left Right Center C, S Lunch & Relaxation/ One on one projects Pr. Obie S, C Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Vanilla Ice cream Day Karaoke S, C One on one projects Pr. Pyramid Toss C, S Bingo S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Amelia Earhart Day Warm up Exercise P.S Intergenerational Pr., S, C One on one projects Pr. Name that Landscape C. S Raise up Hand S, C Lunch & Relaxation/ One on one projects Pr. Sewing Group C, S Crossword S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Wine and Cheese Day Deal or No Deal (Ipad) S, C One on one projects Pr. Wheels of Fortune C, S Lawn Darts P, S Lunch & Relaxation/ One on one projects Pr. Best 10 C, S Arts and Craft Pr. Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C, S} One on one projects ^{Pr.} Bowling ^{P, S} Headbanz ^{C, S} Lunch & Relaxation/ One on one projects ^{Pr.} Regular Exercise ^{P, S}
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45	Morning News Hour/ Participants Choice: Word search/Crossword National Hammock Day Big Word Small Word C, S A to Z C, S Crossword C, S Left Right Center C, S Lunch & Relaxation/ One on one projects Pr. Obie S, C Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Vanilla Ice cream Day Karaoke S. C One on one projects Pr. Pyramid Toss C, S Bingo S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Amelia Earhart Day Warm up Exercise P.S Intergenerational Pr., S, C One on one projects Pr. Name that Landscape C, S Raise up Hand S, C Lunch & Relaxation/ One on one projects Pr. Sewing Group C, S Crossword S, C Expressive Art S, C, Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Wine and Cheese Day Deal or No Deal (Ipad) S, C One on one projects Pr. Wheels of Fortune C, S Lawn Darts P, S Lunch & Relaxation/ One on one projects Pr. Best 10 C, S Arts and Craft Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C, S} One on one projects ^{Pr.} Bowling ^{P, S} Headbanz ^{C, S} Lunch & Relaxation/ One on one projects ^{Pr.} Regular Exercise ^{P, S} Cycling ^{P, S}

	29	30	31	
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	
9:45	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	
	National Lasagna Day			
10:00-	Regular Exercise P, S	Price is Right S, C	Warm up Exercise P, S	
10:45	Cycling P, S	One on one projects Pr.	Intergenerational Pr., S, C	
			One on one projects Pr.	
10:55-	Headbanz ^{C, S}	Crossword Puzzle ^{C, S}	Hangman ^{C, S}	
11:40	Hangman ^{C, S}	UNO Game C, S	Conversation Ball Pr.	
12:00-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	
1:55	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	
			Sewing Group C, S	
2:00-	Chimes ^{C, S, Pr.}	Sing along ^{C, S, R}	Life Story ^{C, S}	
2:45	One on one projects Pr.	Art & Craft S, C, Pr.	Expressive of Art S, C, Pr.	
3:00	Refreshments	Refreshments	Refreshments	
3:30-	Chair Volleyball	Table Hockey P, S	Midweek Movie Matinee R/	
4:00	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	
4:10-	Relaxing Piano Music R, S	Trivia ^{C, S}	Midweek Movie Matinee R/	
4:30	One on one projects Pr.	Conversation ball ^{C, S, P.}	One on one projects Pr.	
	*Altamativa activities will be affaued as			

^{*}Alternative activities will be offered as requested

July is...

- National Grilling Month
- National Peach Month
- National Picnic Month

- National Hot Dog Month
- National Baked Bean Month
- World Watercolor 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