



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
9:00-9:45				Morning News Hour/ Participants Choice: Word search/Crossword Olympic Week in Paris	Morning News Hour/ Participants Choice: Word search/Crossword National Ice cream Sandwich Day
10:00-10:45				Olympic/ Country Hangman ^{C, S} One on one projects ^{Pr.}	Karaoke ^{S, C} Art & Craft ^{S, C}
10:55-11:40				Archery Bean Bag Toss ^{S, C} One on one projects ^{Pr.}	Crossword Puzzle ^{C, S} Chair Volleyball ^{P, S}
12:00-1:55				Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45				Baseball Game ^{S, C} Noodle Stack Race ^{P, S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00				Refreshments	Refreshments
3:30-4:00				Bowling Game ^{S, P} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30				Left Right Center ^{S, C} Conversation Ball ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
	5	6	7	8	9
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Root Beer Float Day	Morning News Hour/ Participants Choice: Word search/Crossword 70s Party/ Purple Heart Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Book Lovers Day
10:00-10:45	Expressive Art ^{S, C} Word Charts ^{C, S}	Beer Trivia (cups & ping-pong ball) One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Chimes ^{C, S, Pr.} One on one projects ^{Pr.}	Makeover Party ^{C, S, Pr.} One on one projects ^{Pr.}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Balloon Crash ^{P, S} One on one projects ^{Pr.}	70s' Karaoke of spin the Wheel ^{S, C} One on one projects ^{Pr.}	Crossword Puzzle ^{C, S} Pictionary ^{C, S}	Makeover Party ^{C, S, Pr.} One on one projects ^{Pr.}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} iPad Bowling ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Ping Pong Hole in One ^{P, C} One on one projects ^{Pr.}	Beverage Hangman ^{S, C} One on one projects ^{Pr.}	Jeopardy ^{C, S} Hollywood Squares ^{C, S}	Expressive Art ^{S, C, Pr.} Ring Toss ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Table Hockey ^{P, S} One on one projects ^{Pr.}	Bean Bag Toss ^{P, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Table Pin Ball ^{P, S} Hungry Hungry Hippos ^{P, 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.}	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	12	13	14	15	16
9:00-9:45	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	Morning News Hour/ Participants Choice: Word search/Crossword National Roller Coaster Day
10:00-10:45	Hangman ^{C, S} Fill in the Blank ^{S, C}	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	Regular Exercise ^{P, S} Cycling ^{P, S}	True or False Toss ^{S, P} Connect 4 ^{C, S, P}	Pictionary ^{C, S} Conversation ^S	Pool Noodle Drop ^{P, C} Balloon Tennis ^{S, P}	Karaoke ^{S, C} Hungry Hungry Hippos ^{P, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} UNO ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Workshop with Jessica ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Life Story ^{C, S} Expressive of Art ^{S, C, Pr.}	100 or Bust ^{C, S} Left Right Center ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Pyramid Toss ^{P, S} Magic Broom ^{P, S}	Name that Tune ^{C, S} Rainbow Board ^{C, S, P}	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	Bingo ^{S, C} 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.}
	19	20	21	22	23
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Radio Day	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day	Morning News Hour/ Participants Choice: Word search/Crossword National Tooth Fairy Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Big Word Small Word ^{C, S} One on one projects ^{Pr.}	Karaoke ^{S, C} One on one projects ^{Pr.}	Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Wheels of Fortune ^{C, S} One on one projects ^{Pr.}	Jeopardy ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Penny Ante ^{R, S} Trivia ^{R, S}	Pyramid Toss ^{C, S} Radio A to Z ^{C, S}	Deal or No Deal (Ipad) ^{S, C} Raise up Hand ^{S, C}	Crossword Puzzle ^{S, C} Lawn Darts ^{P, S}	Bowling ^{P, S} Headbanz ^{C, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie Time ^{S, C}	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}	Exercise ^{P, S} Table Hockey ^{C, P}	Crossword Puzzle ^{S, C} Expressive Art ^{S, C, Pr.}	Best 10 ^{C, S} Art and Craft ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Tic Tac Toe Toss ^{P, C} Left Right Center ^{C, S}	Bingo Game ^{S, C} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Ping Pong Hole in One ^{P, C} Table Pin Ball ^{P, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Conversation Ball ^{S, C} One on one projects ^{Pr.}	Jenga ^{C, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Trivia Thursday ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	26	27	28	29	30
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Dog Day	Morning News Hour/ Participants Choice: Word search/Crossword National Peach 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 Beach Day
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Jeopardy Tuesday (iPad) ^{C, S} One on one projects ^{Pr.}	Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Which Came First? ^{C, S} One on one projects ^{Pr.}	Price is Right ^{S, C} One on one projects ^{Pr.}
10:55-11:40	Dog Breeds /Animal Hangman ^{C, S} Art & Craft: Soap Making ^{S, C, Pr.}	Crossword Puzzle ^{C, S} UNO Game ^{C, S}	Word Cookie ^{C, S} Headbanz ^{C, S}	Deal or No Deal (Ipad) ^{S, C} One on one projects ^{Pr.}	True or False Toss ^{S, P} Art & Craft: Seashell ^{S, C, Pr.}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Penny Ante ^{R, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Doggy Who Am I? ^{S, C} One on one projects ^{Pr.}	Sing along Toss ^{C, S, R} One on one projects ^{Pr.}	Life Story ^{C, S} Expressive of Art ^{S, C, Pr.}	Magic Broom ^{P, S} One on one projects ^{Pr.}	Chimes ^{C, S, Pr.} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Spin the Wheel ^{S, C} One on one projects ^{Pr.}	Balloon Tennis ^{P, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Chair Volleyball ^{P, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Conversation Ball ^{C, S, P} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Trivia Thursday ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

August is...

- National Dog Month
- National Wellness Month
- International Peace Month
- National Panini Month
- National Sandwich Month
- National Water Quality 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