



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
9:00-9:45	Happy Labor Day! We are Closed.	Morning News Hour/ Participants Choice: Word search/Crossword U.S. Bowling League Day	Morning News Hour/ Participants Choice: Word search/Crossword National Wildlife Day	Morning News Hour/ Participants Choice: Word search/Crossword National Cheese Pizza Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45		Story Writing ^{S, C} Connect 4 ^{P, S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Wheel of Fortune ^{C, S} Bean Bag Toss ^{P, S}	Balloon Crash ^{S, P} Magic Broom ^{S, P.}
10:55-11:40		Spin the Wheel ^{C, S} 100 or Bust ^{C, S}	Deal or No Deal ^{C, S} One on one projects ^{Pr.}	Best 10 ^{S, C} This is the Year ^{C, S}	Pictionary ^{C, S} Pool Noodle Drop ^{P, S}
12:00-1:55		Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45		Bowling ^{P, S} One on one projects ^{Pr.}	Bingo ^{S, C} One on one projects ^{Pr.}	Hungry Hungry Hippos ^{S, P} Cup Bulldozer ^{P, S, C}	Hangman ^{C, S} Hedbanz ^{C, S}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Big Word Small Word ^{C, S} Rainbow Board ^{P, S}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	True or False Toss ^{S, P} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30		Round Table Talk ^{S, C.} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Left Right Center ^{S, C} Conversation Ball ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
	9	10	11	12	13
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Read a Book Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Remembrance 9/11	Morning News Hour/ Participants Choice: Word search/Crossword National Chocolate Milkshake Day	Morning News Hour/ Participants Choice: Word search/Crossword Uncle Sam Day
10:00-10:45	Storytelling ^{S, C} One on one projects ^{Pr.}	Wheel of Fortune ^{C, S} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Chimes ^{C, S, Pr.} One on one projects ^{Pr.}	Jeopardy ^{C, S.} One on one projects ^{Pr.}
10:55-11:40	Lawn Darts ^{P, S} One on one projects ^{Pr.}	Target Toss ^{P, S} One on one projects ^{Pr.}	Word Chart ^{S, C} Conversation Ball ^{S, C}	Connect 4 ^{C, S, P} Trivia ^{C, S}	Table Hockey ^{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.} 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	Regular Exercise ^{P, S} Cycling ^{P, S}	Bowling ^{P, C.} One on one projects ^{Pr.}	Crossword Puzzle ^{C, S} Expressive Art ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Ping Pong Hole in One ^{P, C} 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} True or False Whack a Mole ^{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.}

	16	17	18	19	20
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 National Cheeseburger Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Punch Day
10:00-10:45	This is the Year ^{C, S} Expressive of Art ^{S, C, Pr.}	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.}	Karaoke ^{S, C} Card Game: Go Fish ^{S, C}
10:55-11:40	Magic Broom ^{P, S} One on one projects ^{Pr.}	True or False Toss ^{S, P} Connect 4 ^{C, S, P}	Pictionary ^{C, S} Spin the Wheel ^{S, C}	Trivia: Pool Noodle Drop ^{P, C, S} Balloon Tennis ^{S, P}	Hungry Hungry Hippos ^{P, S} Chair Volleyball ^{S, P}
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	Regular Exercise ^{P, S} Cycling ^{P, S}	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} Cup Bulldozer ^{P, S}	Whack a Mole ^{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.}
	23	24	25	26	27
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword First Day of Fall (22th)	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National One-Hit Wonder Day	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Fall Hangman ^{C, S} One on one projects ^{Pr.}	Fall A to Z ^{C, S} One on one projects ^{Pr.}	Karaoke ^{S, C} One on one projects ^{Pr.}	Wheels of Fortune ^{C, S} One on one projects ^{Pr.}	Chimes ^{S, C} One on one projects ^{Pr.}
10:55-11:40	Table Pin Ball ^{P, C} One on one projects ^{Pr.}	Table Hockey ^{C, P} Pyramid Toss ^{C, S}	Raise up Hand ^{S, C} Balloon Crash ^{P, S}	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}	Regular Exercise ^{P, S} Cycling ^{P, S}	Best 10 ^{S, C} Ping Pong Hole in One ^{P, C}	Word Charts ^{C, S} Art and Craft ^{Pr.}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Penny Ante ^{R, S} Tic Tac Toe Toss ^{P, C}	Family Feud ^{S, C} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bean Bag Toss ^{S, C, P} Magic Broom ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Trivia ^{R, S} 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.}

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9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Orange Shirt Day for Fall				
10:00-10:45	Bingo Exercise ^{P, S} Cycling ^{P, S}				
10:55-11:40	Deal or No Deal (Ipad) ^{S, C} Art & Craft: Autumn Leaf Wreath ^{S, C, Pr.}				
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}				
2:00-2:45	Shred Paper Treasure Hunt ^{S, C} One on one projects ^{Pr.}				
3:00	Refreshments				
3:30-4:00	Spin the Wheel ^{S, C} One on one projects ^{Pr.}				
4:10-4:30	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}				

*Alternative activities will be offered as requested

September is...

- National Piano Month
- National Square Dance Month
- Fall Hat Month
- Self-Care Awareness Month
- National Sewing Month
- National Neonatal Intensive Care Awareness 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