



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

## 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
9:00-9:45		Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Angel!</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>World Smile Day</b>
10:00-10:45		Wheel of Fortune on board <sup>C, S</sup> Story Writing <sup>S, C</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Jeopardy <sup>C, S</sup> Big Word Small Word <sup>C, S</sup>	Word Chart <sup>C, S</sup> Magic Broom <sup>S, P.</sup>
10:55-11:40		Deal or No Deal <sup>C, S</sup> Target Toss <sup>C, S</sup>	Best 10 <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Bean Bag Toss <sup>P, S</sup> Hungry Hungry Hippos <sup>S, P</sup>	Pool Noodle Drop <sup>P, S</sup> 100 or Bust <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>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45		Bowling <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Life Story <sup>C, S</sup> Hedbanz <sup>C, S</sup>	Bingo <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Chimes <sup>S, C</sup> Connect 4 <sup>P, S</sup>
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Cup Bulldozer <sup>P, S, C</sup> Rainbow Board <sup>P, S</sup>	Animal A to Z <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Balloon Crash <sup>S, P</sup> Whack a Mole <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30		Spin the Wheel <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Conversation Ball <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Trivia with Ann <sup>S, C</sup> Conversation Ball <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	7	8	9	10	11
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Andy!</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>World Mental Health Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Hangman <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Trivia (iPad) <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Crossword Puzzle <sup>C, S</sup> Art and Craft <sup>C, S</sup>	Bingo Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
10:55-11:40	Ping Pong Hole in One <sup>P, C</sup> Expressive Art <sup>C, S</sup>	Story Writing <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Hangman <sup>S, C</sup> Hedbanz <sup>S, C</sup>	Connect 4 <sup>C, S, P</sup> One on one projects <sup>Pr.</sup>	Table Hockey <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> iPad Bowling <sup>S, C</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Obie Time <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	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bingo <sup>P, C</sup> One on one projects <sup>Pr.</sup>	Word Chart <sup>S, C</sup> Tic Tac Toe Toss <sup>P, S</sup>	Warm up Exercise <sup>P, S</sup> Chair Volleyball <sup>P, S</sup>	Chimes <sup>C, S, Pr.</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday 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>	Jeopardy <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Table Pin Ball <sup>P, S</sup> True or False Whack a Mole <sup>P, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Monday Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Playing <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Conversation Ball <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Relaxing Conversation <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Columbus Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National I Love Lucy Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Global Cat Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Steve! Happy Birthday, Betty (20th)!</b>
10:00-10:45	Storytelling <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Bible Trivia <sup>C, S</sup> One on one projects <sup>S, C, Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Deal or No Deal <sup>C, S</sup> One on one projects <sup>Pr.</sup>	A to Z <sup>C, S</sup> Wheel of Fortune <sup>S, C</sup>
10:55-11:40	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Target Toss <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Pictionary <sup>C, S</sup> Spin the Wheel <sup>S, C</sup>	Bean Bag Toss <sup>P, S</sup> Table Hockey <sup>P, S</sup>	Table Pin Ball <sup>P, S</sup> Balloon Crash <sup>P, S</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> Obie Time <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	Rainbow Board <sup>P, S, C</sup> Pool Noodle Baseball <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>	100 or Bust <sup>C, S</sup> Left Right Center <sup>S, C</sup>	Magic Broom <sup>P, S</sup> Trivia <sup>C, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Chair Volleyball <sup>P, S</sup> Family Feud <sup>C, S</sup>	Guitar Music with Michael <sup>S, Pr.</sup> One on one projects <sup>Pr.</sup>	This is the Year <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Monday Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Old Maid <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>	Penny Ante <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Apple Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>United Nations Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Fall Festival!</b>
10:00-10:45	Apple Pinecone Craft <sup>C, S</sup> Hula Hoop Apple Toss <sup>P, S</sup>	Story Writing <sup>S</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Crossword Puzzle <sup>C, S</sup> Connect 4 <sup>P, C, S</sup>	Outdoor Activity <sup>S, C</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Word Chart <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Hungry Hungry Hippos <sup>C, P</sup> True or False Toss <sup>C, S, P</sup>	Best 10 <sup>S, C</sup> Raise up Hand <sup>S</sup>	Cup Bulldozer <sup>P, S</sup> Lawn Darts <sup>P, S</sup>	Outdoor Activity <sup>S, C</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> Obie Time <sup>S, C</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> iPad Bowling <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	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bowling <sup>P, S</sup> One on one projects <sup>Pr.</sup>	October Birthday Karaoke <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Jeopardy <sup>C, S</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Pictionary <sup>S, C</sup> Which do you prefer? <sup>S, C</sup>	Penny Ante <sup>R, S</sup> Tic Tac Toe Toss <sup>P, C</sup>	Bean Bag Toss <sup>S, C, P</sup> Magic Broom <sup>P, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Uno Game <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Trivia <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Conversation Ball <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Chocolate Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Patsy!</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Halloween!</b>	
10:00-10:45	Bingo Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Pool Noodle Drop <sup>P, S</sup> Rainbow Board <sup>P, C, S</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Ghost Pyramid Toss <sup>P, S</sup> One on one projects <sup>Pr.</sup>	
10:55-11:40	Best 10 <sup>C, S</sup> Word Scramble <sup>C, S</sup>	100 or Bust <sup>P, S</sup> Word Cookie <sup>C, S</sup>	Spin the Wheel <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Halloween Hangman <sup>C, 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>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	
2:00-2:45	Chair Volleyball <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Ring Toss <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Life Story <sup>S, C</sup> Ping Pong Hole in One <sup>P, C</sup>	Halloween Art and Craft <sup>Pr.</sup> Candy Corn Toss <sup>P, S</sup>	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Wheel of Fortune <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Big Word Small Words <sup>C, S.</sup> One on one projects <sup>Pr.</sup>	Monday Movie Matinee <sup>R</sup> / Halloween Movie <sup>R</sup> One on one projects <sup>Pr.</sup>	
4:10-4:30	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Left Right Center <sup>P, C</sup> One on one projects <sup>Pr.</sup>	Penny Ante <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Trivia Thursday <sup>R, S</sup> One on one projects <sup>Pr.</sup>	

\*Alternative activities will be offered as requested

October is...

- National ADD/ADHD Awareness Month
- Wishbones for Pets Month
- National Stamp Collecting Month
- Squirrel Awareness Month
- Self-Promotion Month
- Positive Attitude 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