





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



Ha	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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9:00-9:45					Morning News Hour/ Participants Choice: Word search/Crossword National Cinnamon Day
10:00-10:45					Word Chart ^{C, S} Magic Broom ^{S, P}
10:55-11:40					Art & Craft: Cinnamon Stick Ornament ^{C, S} 100 or Bust ^{C, S}
12:00-1:55					Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45					Karaoke ^{S, C} Pool Noodle Drop ^{P, S}
3:00					Refreshments
3:30-4:00					Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30					Friday Frolic ^R One on one projects ^{Pr.}
	4	5	6	7	8
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Candy Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Nachos Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Cappuccino Day
10:00-10:45	Art & Craft: Q-Tip Candy Corn ^{C, S} One on one projects ^{Pr.}	Trivia (iPad) ^{C, S} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Crossword Puzzle ^{C, S} Art and Craft ^{C, S}	Veteran Art & Craft ^{C, S} Sing Along ^{S, C, Pr.}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Story Writing ^{P, S} One on one projects ^{Pr.}	Hangman ^{S, C} Hedbanz ^{S, C}	Connect 4 ^{C, S, P} Noodle Stack Race ^{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	Candy Corn Toss Trivia ^{C, S, P} Hangman ^{C, S}	Bingo ^{P, C} Ping Pong Hole in One ^{P, C}	Karaoke ^{C, S} One on one projects ^{Pr.}	Warm up Exercise ^{P, S} Chair Volleyball ^{P, S}	Chimes ^{C, S, Pr.} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R / One on one projects ^{Pr.}	Bean Bag Toss ^{P, S} One on one projects ^{Pr.}	Jeopardy ^{C, S} 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	Monday Movie Matinee ^R / One on one projects ^{Pr.}	Relaxing Piano Playing ^{S, C} One on one projects ^{Pr.}	Conversation Ball ^{S, C} One on one projects ^{Pr.}	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	11	12	13	14	15
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Veteran's 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 Pickle Day	Morning News Hour/ Participants Choice: Word search/Crossword National Bundt Day
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Wheel of Fortune ^{C, S} One on one projects ^{S, C, Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Cup Bulldozer ^{P, S} One on one projects ^{Pr.}	Rainbow Toss ^{P, S, C} One on one projects ^{Pr.}
10:55-11:40	Word Chart ^{C, S} One on one projects ^{Pr.}	Marble Racing ^{P, S} One on one projects ^{Pr.}	Hangman ^{C, S} Spin the Wheel ^{S, C}	Bible Trivia ^{C, S} Deal or No Deal ^{C, S}	Best 10 ^{C, S} One on one projects ^{Pr.}
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	Pool Noodle Drop ^{P, S, C} Noodle Baseball ^{P, S.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{C, S} One on one projects ^{Pr.}	Connect 4 ^{C, S, P} Big Word Small Word ^{C, S}	Magic Broom ^{P, S} Story Writing ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^{R/} One on one projects ^{Pr.}	Chair Volleyball ^{P, S} Family Feud ^{C, S}	Karaoke ^{S, C} Pictionary ^{C, S}	Bean Bag Toss ^{P, C} True or False Toss ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^{R/} One on one projects ^{Pr.}	Old Maid ^{C, S.} One on one projects ^{Pr.}	Conversation Ball ^{R, S} One on one projects ^{Pr.}	Penny Ante ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	18	19	20	21	22
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Mickey Mouse Birthday	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Peanut Butter Fudge Day	Morning News Hour/ Participants Choice: Word search/Crossword National Stuffing Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Disney Toss Trivia ^{C, S, P} One on one projects ^{Pr.}	Story Writing ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Karaoke ^{P, S} One on one projects ^{Pr.}	Art & Craft: Turkey Pinecone ^{C, S} Crossword Puzzle ^{C, S}
10:55-11:40	Mickey Mouse Bookmark ^{C, S} One on one projects ^{Pr.}	Bowling ^{P, S} One on one projects ^{Pr.}	Pictionary ^{S, C} Raise up Hand ^S	Hungry Hungry Hippos ^{P, S, C} One on one projects ^{Pr.}	Lawn Darts ^{P, C} One on one projects ^{Pr.}
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.} iPad Bowling ^{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}	Art & Craft: Turkey Pinecone ^{C, S} One on one projects ^{Pr.}	Crossword Puzzle ^{C, S} Ping Pong Hole in One ^{P, C}	Bingo Exercise ^{P, S} Tic Tac Toe Toss ^{P, S}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Bingo ^{P, C.} Family Feud ^{S, C}	Balloon Tennis ^{P, S} Which do you Prefer? ^{C, S}	Noodle Stack Race ^{S, C, P} Fall A to Z ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Uno Game ^{C, S} One on one projects ^{Pr.}	Left Right Center ^{S, C} One on one projects ^{Pr.}	Trivia ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	25	26	27	28	29
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Parfait Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Jukebox Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Pool Noodle Drop ^{P, S} One on one projects ^{Pr.}	Price is Right ^{C, S} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}		
10:55-11:40	Bingo ^{C, S} One on one projects ^{Pr.}	100 or Bust ^{P, S} Word Cookie ^{C, S}	Ring Toss ^{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.}	Lunch & Relaxation/ One on one projects ^{Pr.}		
2:00-2:45	Chair Volleyball ^{P, S} One on one projects ^{Pr.}	Spin the Wheel ^{P, S} One on one projects ^{Pr.}	Life Story ^{S, C} Left Right Center ^{P, C}		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Best 10 ^{C, S} Wheel of Fortune ^{C, S}	Guitar Music with Michael ^{S, Pr.} One on one projects ^{Pr.}		
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Rainbow Board ^{P, C, S} One on one projects ^{Pr.}	Guitar Music with Michael ^{S, Pr.} One on one projects ^{Pr.}		

*Alternative activities will be offered as requested

November is...

- National Hospice & Palliative Care Month
- National Roasting Month
- Military Family Month
- Aviation History Month
- National Gratitude Month
- Banana Pudding Lovers Month

<p><u>Personal Workshop</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Reminisce</p> <p>Coloring</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Music & Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants daily*</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind & Body): Chair Yoga Core Focus: Chair Pilates</p> <p>Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
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