



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Mutt Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Sock Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Gazpacho Day</b>
10:00-10:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Deal or No Deal <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Bingo Exercise <sup>P, C</sup> Cycling <sup>P, S</sup>	Spin the Wheel <sup>S, C</sup> Connect 4 <sup>P, S.</sup>
10:55-11:40	Pictionary <sup>C, S</sup> Wheel of Fortune <sup>C, S</sup>	Bean Bag Toss <sup>Pr.</sup> One on one projects <sup>Pr.</sup>	Big Word Small Word <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Karaoke <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Art & Craft: Melted Snowman <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>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Drum Circle <sup>P, S</sup> One on one projects <sup>Pr.</sup>	100 or Bust <sup>P, S</sup> Word Cookie <sup>C, S</sup>	Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Table Pin Ball <sup>P, S, C</sup> One on one projects <sup>Pr.</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>	Balloon Tennis <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Hangman <sup>C, S.</sup> One on one projects <sup>Pr.</sup>	Magic Broom <sup>P, S.</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30	Monday Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Winter A to Z <sup>C, S</sup> One on one projects <sup>Pr.</sup>	UNO <sup>C, S</sup> Shake the memory <sup>S, C</sup>	Left Right Center <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	9	10	11	12	13
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Carol!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Stretching Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Gingerbread House Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Violin Day</b>
10:00-10:45	Word Chart <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>	Story Writing <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Best 10 <sup>C, S</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Christmas Name that Tune <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Hedbanz <sup>C, S</sup> Conversation <sup>C, S</sup>	Art & Craft: Gingerbread House <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Chimes <sup>C, S, Pr.</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	Rainbow Board <sup>P, S</sup> Balloon Crash <sup>P, S</sup>	Which Came First? <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Crossword Puzzle <sup>C, S</sup> Connect 4 <sup>C, S</sup>	Warm up Exercise <sup>P, S</sup> Chair Volleyball <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, 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>	Table Hockey <sup>S, C.</sup> One on one projects <sup>Pr.</sup>	Table Hockey <sup>S, C.</sup> One on one projects <sup>Pr.</sup>	True or False Whack a Mole <sup>P, 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>	Conversation Ball <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Penny Ante <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>

	16	17	18	19	20
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Ella Mae!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Christmas Party!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Twin Day</b> <b>Wear your Ugly Sweater!!</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Go Caroling Day</b>
10:00-10:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Chimes <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>	Story Writing <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Rainbow Toss <sup>P, S, C</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Christmas Word Chart <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Christmas Bowling <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Christmas Hangman <sup>C, S</sup> Spin the Wheel <sup>S, C</sup>	Bible Trivia <sup>C, S</sup> Deal or No Deal <sup>C, S</sup>	Christmas Jeopardy <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> 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	Pool Noodle Drop <sup>P, S, C</sup> Noodle Baseball <sup>P, S.</sup>	Christmas Karaoke <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Life Stories <sup>C, S</sup> Art and Craft: Ugly Sweater <sup>C, S</sup>	Connect 4 <sup>C, S, P</sup> Best 10 <sup>C, S</sup>	Magic Broom <sup>P, S</sup> Christmas Carol sing along <sup>C, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Christmas Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Chair Volleyball <sup>P, S</sup> Family Feud <sup>C, S</sup>	Music with Michael <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Bean Bag Toss <sup>P, C</sup> True or False Toss <sup>P, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Christmas Carol sing along <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Old Maid <sup>C, S.</sup> One on one projects <sup>Pr.</sup>	Conversation Ball <sup>R, S</sup> Music with Michael <sup>S, C</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>
	23	24	25	26	27
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	<b>Merry Christmas!</b> <b>We are closed.</b>	<b>Merry Christmas!</b> <b>We are closed.</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Candy Cane Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Fruitcake Day</b>
10:00-10:45	Christmas Carol Chimes <sup>C, S</sup> One on one projects <sup>S, C, Pr.</sup>			Wheel of Fortune <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Jeopardy <sup>C, S</sup> iPad Trivia <sup>C, S</sup>
10:55-11:40	Christmas Art and Craft <sup>C, S</sup> One on one projects <sup>Pr.</sup>		Balloon Volleyball <sup>P, S, C</sup> One on one projects <sup>Pr.</sup>	Bean Bag Toss <sup>P, 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>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	
2:00-2:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>		Big Word Small Word <sup>P, S</sup> Table Pin Ball <sup>P, S, C</sup>	Karaoke <sup>C, S</sup> One on one projects <sup>Pr.</sup>	
3:00	Refreshments		Refreshments	Refreshments	
3:30-4:00	Christmas Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>		Best 10 <sup>S, C, P</sup> Headbandz <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>	
4:10-4:30	Christmas Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Conversation <sup>R, S</sup> Trivia <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>		

	<b>30</b>	<b>31</b>			
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Bacon Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy New Year Eve!</b>			
10:00-10:45	Story Writing <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup>			
10:55-11:40	Exercise Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>	New Year's Theme Craft <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>			
2:00-2:45	Hula Hoop Throw <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Word Chart <sup>C, S</sup> One on one projects <sup>Pr.</sup>			
3:00	Refreshments	Refreshments			
3:30-4:00	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bowling <sup>P, S</sup> Cup Bulldozer <sup>P, S</sup>			
4:10-4:30	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	New Year's Trivia <sup>C, S</sup> One on one projects <sup>Pr.</sup>			

\*Alternative activities will be offered as requested

December is...

- Worldwide Food Service Safety Month
- Spiritual Literacy Month
- National Tie Month
- Root Vegetables and Exotic Fruit Month
- Safe Toys and Gifts Month
- Tomato and Winter Squash 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