



Adult Care Center of the Northern Shenandoah Valley, Inc.
2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Groundhog Day (2nd)	Morning News Hour/ Participants Choice: Word search/Crossword National Thank A Mail Carrier Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Chopstick Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Richard!
10:00-10:45	Regular Exercise ^{P,S} Cycling ^{P,S}	Story Writing ^{C,S} One on one projects ^{Pr.}	Intergenerational ^{Pr., S,C} Conversation Group ^{S,C.}	Karaoke ^{C,S} One on one projects ^{Pr.}	Jeopardy ^{C,S} Art & Craft ^{C,S}
10:55-11:40	Nerf Tower ^{C,S,P} Big Words Small Words ^{C,S}	Balloon Crash ^{C,S} One on one projects ^{Pr.}	Pictionary ^{S,C} Spin the Wheel ^{S,C}	Bean Bag Toss ^{C,S,P} Deal or No Deal ^{C,S}	Love Lawn Darts ^{P,S} Hedbanz ^{S,C}
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.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Bingo ^{S,C.} One on one projects ^{Pr.}	Expressive Art ^{C,S} Watercolor ^{C,S}	Life Stories ^{C,S} 100 Or Bust ^{C,P,S}	Warm up Exercise ^{P,S} True or False Whack a Mole ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Right Left Center ^{C,S} One on one projects ^{Pr.}	True or False Toss ^{P,S} Animal A to Z ^{C,S}	Penny Ante ^{S,C} Farkle ^{S,C}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Family Feud ^{S,C.} One on one projects ^{Pr.}	Best 10 ^{C,S} One on one projects ^{Pr.}	Table Pin Ball ^{P,S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	10	11	12	13	14
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday Day, Cat (9th)!	Morning News Hour/ Participants Choice: Word search/Crossword National Inventor's Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's Day
10:00-10:45	Karaoke ^{C,S} One on one projects ^{Pr.}	Magic Broom ^{P,S} Tic Tac Toe ^{P,S}	Intergenerational ^{Pr., S,C} Shake the memory ^{C,S}	Valentine Word Chart One on one projects ^{Pr.}	Ring Toss ^{P,S,} Expressive Art ^{C,S}
10:55-11:40	Valentine Hangman ^{P,S} Art & Craft: Making Valentine Card ^{C,S}	Jeopardy (iPad) ^{C,S} One on one projects ^{Pr.}	Hedbanz ^{S,C} Family Feud ^{S,C}	Valentine Bowling ^{C,S} One on one projects ^{Pr.}	Hungry Hungry Hippos ^{P,S,} Word Scramble ^{C,S}
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}	Expressive Art ^{C,S} One on one projects ^{Pr.}	Bingo ^{P,C.} Sing along ^{S,C}	Art & Craft: Tissue paper Heart ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Regular Exercise ^{P,S} Cycling ^{P,S}	Best 10 ^{C,S} One on one projects ^{Pr.}	100 or Bust ^{P,S,C} Uno Game ^{C,S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Conversation Ball ^{S,C.} One on one projects ^{Pr.}	Which you Preferred? ^{S,C} One on one projects ^{Pr.}	Left Right Center ^{C,P,S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	17	18	18	20	21
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy President'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	Morning News Hour/ Participants Choice: Word search/Crossword National Sticky Bun Day
10:00-10:45	President's Day Hangman ^{C,S} Pool Noodle Drop ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Intergenerational ^{Pr.,S,C} Penny Ante ^{S,C}	Bible Trivia ^{C,S} Wheel of Fortune ^{C,S}	Karaoke ^{C,S} Word Chart ^{C,S}
10:55-11:40	Bean Bag Toss ^{P,S} One on one projects ^{Pr.}	Name that Tunes ^{C,S} Wheel of Fortune ^{C,S}	Deal or No Deal ^{C,S} Trivia ^{C,S}	Chimes ^{S,C} One on one projects ^{Pr.}	Rainbow Board ^{P,S} Nerf Tower ^{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	Story Writing ^{C,S} 100 or Bust ^{C,S}	Connect 4 ^{P,S} Family Feud ^{C,S}	Crossword Puzzle ^{C,S} Balloon Crash ^{P,S}	Bingo Exercise ^{P,S} Cycling ^{P,S}	Table Hockey ^{P,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.}	Magic Broom ^{C,S} One on one projects ^{Pr.}	Music with Michael ^{S,C} One on one projects ^{Pr.}	True or False Toss ^{P,S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^{R/} One on one projects ^{Pr.}	Spin the Wheel ^{C,S} One on one projects ^{Pr.}	Music with Michael ^{S,C} One on one projects ^{Pr.}	Left Right Center ^{S,C} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	24	25	26	27	28
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 National Polar Bear Day	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day
10:00-10:45	Regular Exercise ^{P,S} Cycling ^{P,S}	Bible Trivia ^{C,S} Karaoke ^{C,S}	Intergenerational ^{Pr.,S,C} Conversation ^{S,Pr.}	Guitar Concert ^{P,S,C} Marble Race ^{P,S}	Price is Right ^{C,S} Bingo ^{C,S}
10:55-11:40	Big word small word ^{C,S} Pictionary ^{C,S}	Whack a Mole ^{P,S} Drum Circle ^{S,C}	Jeopardy ^{C,S} Hangman ^{C,S}	Ping Pong Hole in One ^{P,S,C} Rainbow Board ^{P,C}	Lawn Darts ^{P,S} Nerf Tower ^{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.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Bowling ^{P,S} One on one projects ^{Pr.}	Chair Volleyball ^{P,S} Spin the Wheel ^{S,C}	Life Stories ^{C,S} Uno Game ^{C,S}	Polar Bear Craft ^{S,C} One on one projects ^{Pr.}	Exercise Bingo ^{P,S} Floral Design ^{S,C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Noodle Baseball ^{P,S} Afternoon Exercise ^{P,S}	Wheel of Fortune ^{S,C} One on one projects ^{Pr.}	Best 10 ^{S,C} 100 or Bust ^{S,C}	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 ^{Pr.} One on one projects ^{Pr.}	Farkle ^{C,S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

February is...

- National Heart Month
- National Children's Dental Health Month
- National Bird Feeding Month
- National Self-Check Month
- National Black History Month
- National Library Lover's 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