

$\begin{tabular}{ll} Adult Care Center of the Northern Shenandoah Valley, Inc. \\ 2025 \end{tabular}$



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:45	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword
10.00	National Groundhog Day (2 nd)	National Thank A Mail Carrier Day	T	National Chopstick Day	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}
10:45	Nerf Tower ^{C, S, P}	Balloon Crash C, S	Pictionary ^{S, C}	Bean Bag Toss C, S, P	Love Lawn Darts P, S
11:40	Big Words Small Words C, S	One on one projects Pr.	Spin the Wheel ^{S, C}	Deal or No Deal C, S	Hedbanz S, C
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12:00-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:55	One on one projects Pr.	One on one projects ^{Pr.} Obie Time ^{S, C}	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.
2:00-	Bingo ^{S C.}	Expressive Art C, S	Life Stories ^{C, S}	Warm up Exercise P, S	Regular Exercise P, S
2:45	One on one projects Pr.	Watercolor C, S	100 Or Bust ^{C, P, S}	True or False Whack a Mole P. S	Cycling P, S
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Monday Movie Matinee R	Right Left Center C, S	True or False Toss P, S	Penny Ante S, C	Friday Frolic R
4:00	One on one projects Pr.	One on one projects Pr.	Animal A to Z ^{C, S}	Farkle ^{S, C}	One on one projects Pr.
4:00-	Monday Movie Matinee R	Family Feud S, C,	Best 10 C, S	Table Pin Ball P, S	Friday Frolic R
4:30	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.
	10	11	12	13	14
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
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
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
9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday Day, Cat (9th)! Karaoke ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword National Inventor's Day Magic Broom P, S	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day Valentine Word Chart	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's Day Ring Toss P, S,
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
9:45 10:00- 10:45 10:55-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday Day, Cat (9th)! Karaoke ^{C, S} One on one projects ^{Pr.} Valentine Hangman ^{P, S}	Morning News Hour/ Participants Choice: Word search/Crossword National Inventor's Day Magic Broom P, S Tic Tac Toe P, S Jeopardy (iPad) C, S	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Shake the memory C, S Hedbanz S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day Valentine Word Chart One on one projects Pr. Valentine Bowling C, S	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's Day Ring Toss P, S, Expressive Art C, S Hungry Hungry Hippos P, S,
9:45 10:00- 10:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday Day, Cat (9th)! Karaoke ^{C, S} One on one projects ^{Pr.} Valentine Hangman ^{P, S} Art & Craft:	Morning News Hour/ Participants Choice: Word search/Crossword National Inventor's Day Magic Broom P,S Tic Tac Toe P,S	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Shake the memory C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day Valentine Word Chart One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's Day Ring Toss P, S, Expressive Art C, S
9:45 10:00- 10:45 10:55- 11:40	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday Day, Cat (9th)! Karaoke ^{C, S} One on one projects ^{Pr.} Valentine Hangman ^{P, S} Art & Craft: Making Valentine Card ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword National Inventor's Day Magic Broom P, S Tic Tac Toe P, S Jeopardy (iPad) C, S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Shake the memory C, S Hedbanz S, C Family Feud S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day Valentine Word Chart One on one projects Pr. Valentine Bowling C, S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's Day Ring Toss P, S, Expressive Art C, S Hungry Hungry Hippos P, S, Word Scramble C, S
9:45 10:00- 10:45 10:55- 11:40 12:00-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday Day, Cat (9th)! Karaoke ^{C, S} One on one projects ^{Pr.} Valentine Hangman ^{P, S} Art & Craft: Making Valentine Card ^{C, S} Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword National Inventor's Day Magic Broom P, S Tic Tac Toe P, S Jeopardy (iPad) C, S One on one projects Pr. Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Shake the memory C, S Hedbanz S, C Family Feud S, C Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day Valentine Word Chart One on one projects Pr. Valentine Bowling C, S One on one projects Pr. Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's Day Ring Toss P, S, Expressive Art C, S Hungry Hungry Hippos P, S, Word Scramble C, S Lunch & Relaxation/
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9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday Day, Cat (9th)! Karaoke ^{C, S} One on one projects ^{Pr.} Valentine Hangman ^{P, S} Art & Craft: Making Valentine Card ^{C, S} Lunch & Relaxation/ One on one projects ^{Pr.} Regular Exercise ^{P, S} Cycling ^{P, S} Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword National Inventor's Day Magic Broom P,S Tic Tac Toe P,S Jeopardy (iPad) C,S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. iPad Bowling S, C Expressive Art C,S One on one projects Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S. C Shake the memory C, S Hedbanz S. C Family Feud S, C Lunch & Relaxation/ One on one projects Pr. Obie Time S, C Bingo P, C. Sing along S, C Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day Valentine Word Chart One on one projects Pr. Valentine Bowling C,S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Art & Craft: Tissue paper Heart C,S Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's Day Ring Toss P,S, Expressive Art C,S Hungry Hungry Hippos P,S, Word Scramble C,S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P,S Cycling P,S Refreshments
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9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday Day, Cat (9th)! Karaoke C.S One on one projects Pr. Valentine Hangman P.S Art & Craft: Making Valentine Card C.S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P.S Cycling P.S Cycling P.S Refreshments Monday Movie Matinee R One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Inventor's Day Magic Broom P, S Tic Tac Toe P, S Jeopardy (iPad) C, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. iPad Bowling S, C Expressive Art C, S One on one projects Pr. Refreshments Regular Exercise P, S Cycling P, S Conversation Ball S, C.	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Shake the memory C, S Hedbanz S, C Family Feud S, C Lunch & Relaxation/ One on one projects Pr. Obie Time S, C Bingo P, C. Sing along S, C Refreshments Best 10 C, S One on one projects Pr. Which you Preferred? S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day Valentine Word Chart One on one projects Pr. Valentine Bowling C.S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Art & Craft: Tissue paper Heart C.S Refreshments 100 or Bust P.S.C Uno Game C.S Left Right Center C.P.S	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's Day Ring Toss P,S, Expressive Art C,S Hungry Hungry Hippos P,S, Word Scramble C,S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P,S Cycling P,S Refreshments Friday Frolic R One on one projects Pr. Friday Frolic R
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday Day, Cat (9th)! Karaoke C.S One on one projects Pr. Valentine Hangman P.S Art & Craft: Making Valentine Card C.S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P.S Cycling P.S Refreshments Monday Movie Matinee R One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Inventor's Day Magic Broom P,S Tic Tac Toe P,S Jeopardy (iPad) C,S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. iPad Bowling S,C Expressive Art C,S One on one projects Pr. Refreshments Regular Exercise P,S Cycling P,S	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Shake the memory C, S Hedbanz S, C Family Feud S, C Lunch & Relaxation/ One on one projects Pr. Obie Time S, C Bingo P, C Sing along S, C Refreshments Best 10 C, S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day Valentine Word Chart One on one projects Pr. Valentine Bowling C,S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Art & Craft: Tissue paper Heart C,S Refreshments 100 or Bust P,S,C Uno Game C,S	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's Day Ring Toss P,S, Expressive Art C,S Hungry Hungry Hippos P,S, Word Scramble C,S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P,S Cycling P,S Refreshments Friday Frolic R One on one projects Pr.
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00 4:10-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday Day, Cat (9th)! Karaoke C.S One on one projects Pr. Valentine Hangman P.S Art & Craft: Making Valentine Card C.S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P.S Cycling P.S Cycling P.S Refreshments Monday Movie Matinee R One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Inventor's Day Magic Broom P, S Tic Tac Toe P, S Jeopardy (iPad) C, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. iPad Bowling S, C Expressive Art C, S One on one projects Pr. Refreshments Regular Exercise P, S Cycling P, S Conversation Ball S, C.	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Shake the memory C, S Hedbanz S, C Family Feud S, C Lunch & Relaxation/ One on one projects Pr. Obie Time S, C Bingo P, C. Sing along S, C Refreshments Best 10 C, S One on one projects Pr. Which you Preferred? S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day Valentine Word Chart One on one projects Pr. Valentine Bowling C.S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Art & Craft: Tissue paper Heart C.S Refreshments 100 or Bust P.S.C Uno Game C.S Left Right Center C.P.S	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's Day Ring Toss P,S, Expressive Art C,S Hungry Hungry Hippos P,S, Word Scramble C,S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P,S Cycling P,S Refreshments Friday Frolic R One on one projects Pr. Friday Frolic R

	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.}
10:45	Bean Bag Toss P, S	Name that Tunes ^{C, S}	Deal or No Deal ^{C, S}	Chimes S, C	Rainbow Board P, S
11:40	One on one projects Pr.	Wheel of Fortune ^{C, S}	Trivia ^{C, S.}	One on one projects Pr.	Nerf Tower P, S
12:00-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:55	One on one projects Pr.	One on one projects ^{Pr.} UNO ^{S, C}	One on one projects ^{Pr.} Obie Time ^{S, C}	One on one projects Pr.	One on one projects Pr.
2:00-	Story Writing C, S	Connect 4 P, S	Crossword Puzzle C, S	Bingo Exercise P, S	Table Hockey P, S
2:45	100 or Bust ^{C, S}	Family Feud ^{C, S.}	Balloon Crash P, S	Cycling P, S	One on one projects Pr.
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Monday Movie Matinee R/	Magic Broom C, S	Music with Michael S, C	True or False Toss P, S	Friday Frolic R
4:00	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.
4:10-	Monday Movie Matinee R/	Spin the Wheel ^{C, S}	Music with Michael S, C	Left Right Center S, C	Friday Frolic R
4:30	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.
	24	25	26	27	28
9:00- 9:45	24 Morning News Hour/ Participants Choice: Word search/Crossword	25 Morning News Hour/ Participants Choice: Word search/Crossword	26 Morning News Hour/ Participants Choice: Word search/Crossword	27 Morning News Hour/ Participants Choice: Word search/Crossword	28 Morning News Hour/ Participants Choice: Word search/Crossword
	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
9:45	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia ^{C, S} Karaoke ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P, S, C Marble Race P, S.	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C, S Bingo C, S.
9:45 10:00- 10:45 10:55-	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Big word small word C, S	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia ^{C, S} Karaoke ^{C, S} Whack a Mole ^{P, S}	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr. Jeopardy C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P, S, C Marble Race P, S. Ping Pong Hole in One P, S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C, S Bingo C, S. Lawn Darts P, S
9:45 10:00- 10:45	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia ^{C, S} Karaoke ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P, S, C Marble Race P, S.	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C, S Bingo C, S.
9:45 10:00- 10:45 10:55- 11:40 12:00-	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Big word small word C, S Pictionary C, S. Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia C, S Karaoke C, S Whack a Mole P, S Drum Circle S, C Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr. Jeopardy C, S Hangman C, S Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P, S, C Marble Race P, S. Ping Pong Hole in One P, S, C Rainbow Board P, C. Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C.S Bingo C.S. Lawn Darts P.S Nerf Tower P.S Lunch & Relaxation/
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P,S Cycling P,S Big word small word C,S Pictionary C,S. Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia C, S Karaoke C, S Whack a Mole P, S Drum Circle S, C Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr. Jeopardy C, S Hangman C, S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P, S, C Marble Race P, S. Ping Pong Hole in One P, S, C Rainbow Board P, C. Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C.S Bingo C.S. Lawn Darts P.S Nerf Tower P.S Lunch & Relaxation/ One on one projects Pr.
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P,S Cycling P,S Big word small word C,S Pictionary C,S. Lunch & Relaxation/ One on one projects Pr. Bowling P,S.	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia C, S Karaoke C, S Whack a Mole P, S Drum Circle S, C Lunch & Relaxation/ One on one projects Pr. Chair Volleyball P, S	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr. Jeopardy C, S Hangman C, S Lunch & Relaxation/ One on one projects Pr. Life Stories C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P.S.C Marble Race P.S. Ping Pong Hole in One P.S.C Rainbow Board P.C. Lunch & Relaxation/ One on one projects Pr. Polar Bear Craft S.C	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C.S Bingo C.S. Lawn Darts P.S Nerf Tower P.S Lunch & Relaxation/ One on one projects Pr. Exercise Bingo P.S
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Big word small word C, S Pictionary C, S. Lunch & Relaxation/ One on one projects Pr. Bowling P, S. One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia C, S Karaoke C, S Whack a Mole P, S Drum Circle S, C Lunch & Relaxation/ One on one projects Pr. Chair Volleyball P, S Spin the Wheel S, C	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr. Jeopardy C, S Hangman C, S Lunch & Relaxation/ One on one projects Pr. Life Stories C, S Uno Game C, S.	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P, S, C Marble Race P, S. Ping Pong Hole in One P, S, C Rainbow Board P, C. Lunch & Relaxation/ One on one projects Pr. Polar Bear Craft S, C One on one projects	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C, S Bingo C, S. Lawn Darts P, S Nerf Tower P, S Lunch & Relaxation/ One on one projects Pr. Exercise Bingo P, S Floral Design S, C
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Big word small word C, S Pictionary C, S. Lunch & Relaxation/ One on one projects Pr. Bowling P, S. One on one projects Pr. Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia C, S Karaoke C, S Whack a Mole P, S Drum Circle S, C Lunch & Relaxation/ One on one projects Pr. Chair Volleyball P, S Spin the Wheel S, C Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr. Jeopardy C, S Hangman C, S Lunch & Relaxation/ One on one projects Pr. Life Stories C, S Uno Game C, S. Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P, S, C Marble Race P, S. Ping Pong Hole in One P, S, C Rainbow Board P, C. Lunch & Relaxation/ One on one projects Pr. Polar Bear Craft S, C One on one projects Pr. Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C, S Bingo C, S. Lawn Darts P, S Nerf Tower P, S Lunch & Relaxation/ One on one projects Pr. Exercise Bingo P, S Floral Design S, C Refreshments
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Big word small word C, S Pictionary C, S. Lunch & Relaxation/ One on one projects Pr. Bowling P, S. One on one projects Pr. Refreshments Monday Movie Matinee R	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia C, S Karaoke C, S Whack a Mole P, S Drum Circle S, C Lunch & Relaxation/ One on one projects Pr. Chair Volleyball P, S Spin the Wheel S, C Refreshments Noodle Baseball P, S	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr. Jeopardy C, S Hangman C, S Lunch & Relaxation/ One on one projects Pr. Life Stories C, S Uno Game C, S. Refreshments Wheel of Fortune S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P, S, C Marble Race P, S. Ping Pong Hole in One P, S, C Rainbow Board P, C. Lunch & Relaxation/ One on one projects Pr. Polar Bear Craft S, C One on one projects Pr. Refreshments Best 10 S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C, S Bingo C, S. Lawn Darts P, S Nerf Tower P, S Lunch & Relaxation/ One on one projects Pr. Exercise Bingo P, S Floral Design S, C Refreshments Friday Frolic R
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P.S Cycling P.S Big word small word C.S Pictionary C.S. Lunch & Relaxation/ One on one projects Pr. Bowling P.S. One on one projects Pr. Refreshments Monday Movie Matinee R One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia C, S Karaoke C, S Whack a Mole P, S Drum Circle S, C Lunch & Relaxation/ One on one projects Pr. Chair Volleyball P, S Spin the Wheel S, C Refreshments Noodle Baseball P, S Afternoon Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr. Jeopardy C, S Hangman C, S Lunch & Relaxation/ One on one projects Pr. Life Stories C, S Uno Game C, S. Refreshments Wheel of Fortune S, C One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P, S, C Marble Race P, S. Ping Pong Hole in One P, S, C Rainbow Board P, C. Lunch & Relaxation/ One on one projects Pr. Polar Bear Craft S, C One on one projects Pr. Refreshments Best 10 S, C 100 or Bust S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C, S Bingo C, S. Lawn Darts P, S Nerf Tower P, S Lunch & Relaxation/ One on one projects Pr. Exercise Bingo P, S Floral Design S, C Refreshments Friday Frolic R One on one projects Pr.
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Big word small word C, S Pictionary C, S. Lunch & Relaxation/ One on one projects Pr. Bowling P, S. One on one projects Pr. Refreshments Monday Movie Matinee R	Morning News Hour/ Participants Choice: Word search/Crossword Bible Trivia C, S Karaoke C, S Whack a Mole P, S Drum Circle S, C Lunch & Relaxation/ One on one projects Pr. Chair Volleyball P, S Spin the Wheel S, C Refreshments Noodle Baseball P, S	Morning News Hour/ Participants Choice: Word search/Crossword Intergenerational Pr., S, C Conversation S, Pr. Jeopardy C, S Hangman C, S Lunch & Relaxation/ One on one projects Pr. Life Stories C, S Uno Game C, S. Refreshments Wheel of Fortune S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day Guitar Concert P, S, C Marble Race P, S. Ping Pong Hole in One P, S, C Rainbow Board P, C. Lunch & Relaxation/ One on one projects Pr. Polar Bear Craft S, C One on one projects Pr. Refreshments Best 10 S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Floral Design Day Price is Right C, S Bingo C, S. Lawn Darts P, S Nerf Tower P, S Lunch & Relaxation/ One on one projects Pr. Exercise Bingo P, S Floral Design S, C Refreshments Friday Frolic R

^{*}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