



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 Canadian Bacon 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 Happy Birthday, Linda!	Morning News Hour/ Participants Choice: Word search/Crossword National Cereal Day
10:00-10:45	Best 10 ^{C, S} One on one projects ^{Pr.}	Bible Trivia ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Spring A to Z ^{C, S} One on one projects ^{Pr.}	Bowling ^{P, S} One on one projects ^{Pr.}
10:55-11:40	100 or Bust ^{P, S} Word Cookie ^{C, S}	Balloon Crash ^{P, S} Whack A Mole ^{P, S}	Best 10 ^{S, C} Art Appreciation ^{C, S}	Connect 4 ^{P, S} True or False Whack a Mole ^{P, S}	Bingo ^{C, S} Arts & Craft ^{C, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie ^{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	Art & Craft ^{C, S} One on one projects ^{Pr.}	Bean Bag Toss ^{P, S} Card Game ^{C, S}	Crossword Puzzle ^{C, S} Table Pinball ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Chimes ^{C, S} Big Word Small Word ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Wheel of Fortune ^{C, S} Spin the Wheel ^{P, S}	Karaoke ^{S, C} Pictionary ^{C, S}	Nerf Tower ^{C, S, P} One on one projects ^{Pr.}	Karaoke ^{C, S} Deal or No Deal ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Rainbow Board ^{P, C, S} One on one projects ^{Pr.}	Hangman ^{R, S} One on one projects ^{Pr.}	Penny Ante ^{R, S} One on one projects ^{Pr.}	UNO Game ^{C, 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 National Napping Day	Morning News Hour/ Participants Choice: Word search/Crossword National Dream Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Earmuff Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Shannon!
10:00-10:45	Word Chart ^{C, S} One on one projects ^{Pr.}	Pool Noodle Drop ^{P, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Music Hangman ^{P, S, C} One on one projects ^{Pr.}	Table Hockey ^{P, S} One on one projects ^{Pr.}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Story Writing ^{C, S} One on one projects ^{Pr.}	Hedbanz ^{S, C} Art Appreciation ^{C, S}	Balloon Crash ^{P, S} Hangman ^{S, C}	Jeopardy ^{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	Rainbow Toss ^{C, S, P} 100 or Bust ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Exercise Bingo ^{P, C} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Best 10 ^{C, S} Chimes ^{P, S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Left Right Center ^{C, S} One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	100 or Bust ^{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.}	Relaxing Piano Playing ^{S, C} One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Farkle ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	17	18	19	20	21
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy St. Patrick's Day	Morning News Hour/ Participants Choice: Word search/Crossword Global Recycling Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Astrology Day	Morning News Hour/ Participants Choice: Word search/Crossword National Flower Day
10:00-10:45	St. Patrick Hangman ^{C, S} St. Patrick Art & Craft ^{C, S}	Spin the Wheel ^{C, S} Which Came First? ^{C, S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Karaoke ^{P, S} Bible Trivia ^{C, S}	Chimes ^{P, S, C} Deal or No Deal ^{C, S}
10:55-11:40	Gold Coin Toss ^{C, S, P} One on one projects ^{Pr.}	Bean Bag Toss ^{C, S, P} One on one projects ^{Pr.}	Word Chart ^{C, S} Trivia ^{R, S}	Uno Game ^{C, S} Crossword Puzzle ^{C, S}	Pool Noodle Drop ^{P, S, C} Know Your Neighbor ^{C, 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	Regular Exercise ^{P, S} Cycling ^{P, S}	Afternoon Exercise ^{P, S} Expressive Art ^{C, S}	Life Stories ^{C, S} Ring Toss ^{C, S, P}	Target Toss ^{C, P} Afternoon Exercise ^{P, S}	Story Writing ^{C, S} Bingo ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^{R/} One on one projects ^{Pr.}	Magic Broom ^{P, S} One on one projects ^{Pr.}	Marble Racing ^{P, S} One on one projects ^{Pr.}	100 or Bust ^{P, S, C} 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.}	True or False Toss ^{C, S} One on one projects ^{Pr.}	Best 10 ^{C, S} One on one projects ^{Pr.}	Left Right Center ^{C, S} 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 National Cheesesteak Day	Morning News Hour/ Participants Choice: Word search/Crossword International Waffle Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Mary R!	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Hangman ^{C, S} Noodle Baseball ^{C, S}	Wheel of Fortune ^{C, S} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Tic Tac Toe Toss ^{P, S} Crossword Puzzle ^{C, S}	Rainbow Toss ^{P, S, C} Expressive Art ^{C, S}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Bowling ^{P, S} One on one projects ^{Pr.}	Family Feud ^{C, S} Shake a Memory Conversation ^{R, S}	Hungry Hungry Hippos ^{P, S, C} Word Chart ^C	Karaoke ^{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.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Art & Craft ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Chimes ^{P, S, C} Chair Volleyball ^{S, C, P}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	100 or Bust ^{P, S, C} Spin the Wheel ^{S, C}	Karaoke ^{P, S} One on one projects ^{Pr.}	Noodle Stack Race ^{S, C, P} Expressive Art ^{C, 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.}	Best 10 ^{C, S} One on one projects ^{Pr.}	Trivia ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

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9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Crayon Day				
10:00-10:45	Price is Right ^{P, S} One on one projects ^{Pr.}				
10:55-11:40	Big Word Small Word ^{C, S} Target Toss ^{P, S}				
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}				
2:00-2:45	Chimes ^{P, S, C} Bingo Exercise ^{P, S}				
3:00	Refreshments				
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}				
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}				

*Alternative activities will be offered as requested

<p>March is...</p> <ul style="list-style-type: none"> ● National Soup Month ● National Hobby Month ● Military Hot Tea Month 	<ul style="list-style-type: none"> ● National Blood Donor Month ● National Sunday Supper Month ● National Oatmeal Month
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<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><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 Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
<p>**Offered throughout the day to ensure person centered care**</p>	