



Adult Care Center of the Northern Shenandoah Valley, Inc.

2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
9:00-9:45		Morning News Hour/ Participants Choice: Word search/Crossword <b>April Fools' Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Patty!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Find A Rainbow Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Vitamin C Day</b>
10:00-10:45		Bible Hangman <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Chimes <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Karaoke <sup>S, C</sup> One on one projects <sup>Pr.</sup>
10:55-11:40		Balloon Crash <sup>P, S</sup> Wheel of Fortune (iPad) <sup>C, S</sup>	Connect 4 <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Spring Word Chart <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Jeopardy <sup>P, S</sup> Arts & Craft <sup>C, S</sup>
12:00-1:55		Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Obie <sup>S, C</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		Expressive Art <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Crossword Puzzle <sup>C, S</sup> Table Pinball <sup>P, S</sup>	Bingo <sup>C, S</sup> Exercise & Cycling <sup>P, S</sup>	Big Word Small Word <sup>C, S</sup> Exercise <sup>P, S</sup>
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Bowling Game <sup>P, S</sup> Lawn Darts <sup>P, S, C</sup>	Sing with Cat <sup>C, S, P</sup> One on one projects <sup>Pr.</sup>	Best 10 <sup>S, C</sup> True or False Whack a Mole <sup>P, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30		Tic Tac Toe Toss <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Conversation Ball <sup>C, S</sup> Pictionary <sup>C, S</sup>	Card Game <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National No Housework Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Farm Animals Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Submarine Day</b>
10:00-10:45	Word Chart <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Pool Noodle Drop <sup>P, C</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Farm Animals Hangman <sup>P, S, C</sup> Crossword Puzzle <sup>C, S</sup>	Table Hockey <sup>P, S</sup> Expressive Art <sup>C, S</sup>
10:55-11:40	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Story Writing <sup>C, S</sup> Bean Bag Toss <sup>P, C, S</sup>	Hedbanz <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Balloon Crash <sup>P, S</sup> 100 or Bust <sup>P, S</sup>	Jeopardy <sup>P, S</sup> Word Scramble <sup>C, S</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	Karaoke <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Life Stories <sup>S, C</sup> Left Right Center <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Best 10 <sup>C, S</sup> Chimes <sup>P, S, C</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Staff Meeting	Tuesday Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Spring A to Z <sup>C, S</sup> Story Writing <sup>C, S</sup>	Table Pin Ball <sup>P, S, C</sup> Hungry Hungry Hippos <sup>P, S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Staff Meeting	Tuesday Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Family Feud <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Farkle <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Dolphin Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Titanic Remembrance Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Orchid Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National High Five Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Good Friday! Happy Birthday, Katie!</b>
10:00-10:45	Pictionary <sup>C, S</sup> Big Word Small Word <sup>C, S</sup>	Connect 4 <sup>P, S</sup> Bible Trivia <sup>C, S</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Karaoke <sup>P, S</sup> Nerf Tower <sup>C, S</sup>	Chimes <sup>P, S, C</sup> Deal or No Deal <sup>C, S</sup>
10:55-11:40	Rainbow Toss <sup>C, S, P</sup> One on one projects <sup>Pr.</sup>	Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Word Chart <sup>C, S</sup> Conversation <sup>C, S</sup>	100 or Bust <sup>P, S</sup> Balloon Tennis <sup>P, S</sup>	Pool Noodle Drop <sup>P, S, C</sup> Hungry Hungry Hippos <sup>C, S</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	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Afternoon Exercise <sup>P, S</sup> Expressive Art <sup>C, S</sup>	Life Stories <sup>C, S</sup> Ring Toss <sup>C, S, P</sup>	Exercise Bingo <sup>C, P</sup> One on one projects <sup>Pr.</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>	Magic Broom <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Music with Michael <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Bowling <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>	Card Game <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Music with Michael <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Left Right Center <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Easter (20th)!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Earth Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Picnic Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Bucket List Day Happy Birthday, Jodie!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Telephone Day</b>
10:00-10:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Wheel of Fortune <sup>C, S</sup> Word Chart <sup>C, S</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Crossword Puzzle <sup>C, S</sup> Hungry Hungry Hippos <sup>P, S, C</sup>	Crossword Puzzle <sup>S, C</sup> Expressive Art <sup>C, S</sup>
10:55-11:40	Karaoke <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Lawn Darts <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Family Feud <sup>C, S</sup> Trivia <sup>C, S</sup>	Which Came First? <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Jeopardy <sup>P, 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	Hangman <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bingo <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Spin the Wheel <sup>C, S</sup> Noodle Baseball <sup>C, S</sup>	Chimes <sup>P, S, C</sup> Chair Volleyball <sup>S, C, P</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>	True or False Toss <sup>P, S, C</sup> One on one projects <sup>Pr.</sup>	Sing with Cat <sup>C, S, P</sup> One on one projects <sup>Pr.</sup>	Table Pin Ball <sup>C, P</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>	Penny Ante <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Best 10 <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Jenga <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	<b>28</b>	<b>29</b>	<b>30</b>		
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Superhero Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Rachel!</b>		
10:00-10:45	Price is Right <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Chimes <sup>P, S, C</sup> Target Toss <sup>P, S</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>		
10:55-11:40	Big Word Small Word <sup>C, S</sup> Ring Toss <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Color Basket Toss <sup>P, S, 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	Bingo Exercise <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Expressive Art <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Life Stories <sup>S, C</sup> Card Game <sup>S, C</sup>		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Name That Landscapes <sup>S, C</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>	Games <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Hangman <sup>C, S</sup> One on one projects <sup>Pr.</sup>		

\*Alternative activities will be offered as requested

April is...

- Parkinson's Awareness Month
- National Garden Month
- National Month of Hope
- National Volunteer Month
- Occupational Therapy Month
- National Jazz Appreciation 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