



Adult Care Center of the Northern Shenandoah Valley, Inc.

2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword International Volkswagen Bus Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Old Maids Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword D - Day
10:00-10:45	Baseball Game ^{S, C, P} One on one projects ^{Pr.}	iPad Wheel of Fortune ^{C, S} Coloring ^{C, S.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Crossword Puzzle ^{C, S} Word Chart ^{C, S.}	Jeopardy ^{P, S} Origami ^{C, S}
10:55-11:40	Word Cookie ^{C, S.} Target Toss ^{P, S}	Headbandz ^{S, C} Best 10 ^{S, C}	Wheel of Fortune ^{S, C} One on one projects ^{Pr.}	100 or Bust ^{P, S, C} One on one projects ^{Pr.}	Arts & Craft ^{C, S} Cup Bulldozer ^{P, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Card Game	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.}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Life Stories ^{S, C.} Penny Ante ^{S, C}	Expressive Art ^{C, S} Name That Tunes ^{C, S}	Chimes ^{P, S, C} Watercolor ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	SCATTERGORIES ^{S, C} Rainbow Toss ^{S, C, P}	Big Word Small Word ^{C, S} True or False Sign ^{P, S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Family Feud ^{C, S} One on one projects ^{Pr.}	Pictionary ^{S, C} One on one projects ^{Pr.}	Dominos ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	9	10	11	12	13
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Donald Duck Day	Morning News Hour/ Participants Choice: Word search/Crossword National Herbs and Spices Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Red Rose Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Father's Day!
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Word Scramble ^{S, C.} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Bible Trivia ^{S, C} Spin the Wheel ^{C, S}	Jeopardy ^{P, S.} Nerf Tower ^{P, S.}
10:55-11:40	Best 10 ^{C, S} Pictionary ^{C, S}	Story Writing ^{C, S} Plants A to Z ^{C, S}	Hangman ^{C, S} One on one projects ^{Pr.}	Connect 4 ^{P, S} Father's Day Art and Craft ^{S, C}	Father's Day Art and Craft ^{S, C} Karaoke ^{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.}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Balloon Crash ^{P, S} One on one projects ^{Pr.}	Bean Bag Toss ^{P, S.} One on one projects ^{Pr.}	Life Stories ^{S, C.} Tic Tac Toe Throw ^{P, S}	Exercise Bingo ^{P, S} One on one projects ^{Pr.}	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.}	Chimes ^{P, S, C} One on one projects ^{Pr.}	Rainbow Throw ^{P, S} Word Chart ^{S, C}	Table Pin Ball ^{P, S, C} Wheel of Fortune ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^{R/} One on one projects ^{Pr.}	Left Right Center ^{C, S} One on one projects ^{Pr.}	Hungry Hungry Hippos ^{P, S} One on one projects ^{Pr.}	Farkle ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	16	17	18	19	20
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Flag Day (14th)	Morning News Hour/ Participants Choice: Word search/Crossword National Root Beer Day	Morning News Hour/ Participants Choice: Word search/Crossword	Happy Juneteenth! We are closed.	Morning News Hour/ Participants Choice: Word search/Crossword First Day of Summer
10:00-10:45	Morning Singing ^{C, S} Ring Toss ^{P, S}	Hangman ^{C, S} Marble Racing Talk ^{C, S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}		Summer Art & Craft ^{C, S} Crossword Puzzle ^{S, C}
10:55-11:40	Big Word Small Word ^{C, S} One on one projects ^{Pr.}	Which Came First ^{Pr.} 100 or Bust ^{P, S}	Headbandz ^{C, S} Wheel of Fortune ^{C, S}		Lawn Darts ^{S, C} Summer A to Z ^{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.}		Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Table Hockey ^{P, S} One on one projects ^{Pr.}	Hungry Hungry Hippo ^{P, S, C} One on one projects ^{Pr.}	Best 10 ^{C, S} Crossword ^{C, S, P}		Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments		Refreshments
3:30-4:00	Monday Movie Matinee ^{R/} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Music with Michael ^{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.}	Chair Volleyball ^{C, S} One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}		Friday Frolic ^R One on one projects ^{Pr.}
	23	24	25	26	27
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Donald!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Catfish Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Sunglasses Day
10:00-10:45	Bullseye! ^{P, S} Bean Bag Toss ^{P, S}	Crossword Puzzle ^{C, S} Story Writing ^{C, S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Bingo ^{C, S} One on one projects ^{Pr.}	Price is Right ^{S, C} Tic Tac Toe Toss ^{P, S}
10:55-11:40	Jeopardy ^{C, S} One on one projects ^{Pr.}	Table Tennis ^{P, S} Wheel of Fortune ^{C, S}	Hedbandz ^{C, S} One on one projects ^{Pr.}	Color Toss ^{P, S, C} One on one projects ^{Pr.}	Word Chart ^{C, S} Bean Bag Toss ^{C, 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.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Vocabulary Solitaire ^{C, S} One on one projects ^{Pr.}	Bingo ^{C, S} Trivia ^{C, S}	Big Word Small Word ^{C, S} True or False Toss ^{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} One on one projects ^{Pr.}	Best 10 ^{C, S} One on one projects ^{Pr.}	100 Or Bust ^{C, P} Farkle ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Conversation ^{C, S} One on one projects ^{Pr.}	Left Right Center ^{C, S} One on one projects ^{Pr.}	UNO ^{C, 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				
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}				
10:55-11:40	Hangman ^{C, S} One on one projects ^{Pr.}				
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}				
2:00-2:45	Bean Bag Toss ^{P, S, C} One on one projects ^{Pr.}				
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

June is...

- National Pollinators Month
- National PTSD Awareness Month
- National Iced Tea Month
- National Camping Month
- National Candy Month
- Fresh Fruit and Vegetable 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