




Adult Care Center of the Northern Shenandoah Valley, Inc.

2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
9:00-9:45				Morning News Hour/ Participants Choice: Word search/Crossword	Happy Apple Blossom! We are closed!
10:00-10:45				Crossword Puzzle ^{C, S} One on one projects ^{Pr.}	
10:55-11:40				100 or Bust ^{P, S, C} One on one projects ^{Pr.}	
12:00-1:55				Lunch & Relaxation/ One on one projects ^{Pr.} Obie Time ^{S, C}	
2:00-2:45				Flower Art & Craft ^{C, S} One on one projects ^{Pr.}	
3:00				Refreshments	
3:30-4:00				Cup Bulldozer ^{P, C} Big Word Small Word ^{C, S}	
4:00-4:30				Card Game ^{C, S} One on one projects ^{Pr.}	
	5	6	7	8	9
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Nurses Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Have a Coke Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Mother'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} Karaoke ^{C, S}
10:55-11:40	Best 10 ^{C, S} Pictionary ^{C, S}	Story Writing ^{C, S} A to Z ^{C, S}	Hangman ^{C, S} One on one projects ^{Pr.}	Connect 4 ^{P, S} Bean Bag Toss ^{P, S}	Nerf Tower ^{P, S} Mother's Day Trivia ^{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.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Life Stories ^{S, C} Tic Tac Toe Throw ^{P, S}	Exercise Bingo ^{P, S} One on one projects ^{Pr.}	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.}	Bowling ^{P, S} 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.}

	12	13	14	15	16
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie 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 National Classic Movie Day
10:00-10:45	Morning Stretch ^{P, S} Bowling ^{P, S}	Pyramid Toss ^{P, S} Hangman ^{C, S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Suncatcher Craft ^{C, Pr., S} One on one project ^{Pr.}	Musical Exercise ^{P, S, C} Cycling ^{P, S}
10:55-11:40	Big Word Small Word ^{C, S} One on one projects ^{Pr.}	Wheel of Fortune ^{C, S} Which Came First ^{Pr.}	Headbandz ^{C, S} Pictionary ^{C, S}	Fill In the Blank ^{C, S} Vocabulary Solitaire ^{C, S}	Lawn Darts ^{S, C} Movie Trivia ^{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.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Magic Broom ^{P, S} Tic Tac Toe Toss ^{P, S}	100 or Bust ^{P, S} Expressive Art ^{C, S}	Best 10 ^{C, S} Crossword ^{C, S, P}	Drum Circle ^{C, P} One on one projects ^{Pr.}	Chimes ^{P, S} Table Tennis ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^{R/} One on one projects ^{Pr.}	Color Bounce ^{P, S} One on one projects ^{Pr.}	True or False Toss ^{C, S, P} One on one projects ^{Pr.}	Bean Bag 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.}	Left, Right, and Center ^{C, S} One on one projects ^{Pr.}	Old Maid ^{C, S} One on one projects ^{Pr.}	UNO ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	19	20	21	22	23
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Floyd!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Strawberries and Cream Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Margaret!	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Word Chart ^{C, S} Story Writing ^{C, S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Crossword Puzzle ^{C, S} One on one projects ^{Pr.}	Hangman ^{C, S.} Expressive Art ^{C, S}
10:55-11:40	Hangman ^{C, S} One on one projects ^{Pr.}	Lawn Darts ^{P, S} Wheel of Fortune ^{C, S}	Family Feud ^{C, S} One on one projects ^{Pr.}	Hungry Hungry Hippos ^{P, S, C} One on one projects ^{Pr.}	Jeopardy ^{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.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Bean Bag Toss ^{P, S, C} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{C, S} One on one projects ^{Pr.}	Spin the Wheel ^{C, S} Right Left Center ^{C, S}	Which Came First? ^{C, S} 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.}	Candy Corn Toss ^{P, S, C} One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	100 Or Bust ^{C, P} 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.}	Penny Ante ^{C, S.} One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Jenga ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	26	27	28	29	30
9:00-9:45	Happy Memorial Day! We are closed	Morning News Hour/ Participants Choice: Word search/Crossword National Grape Day	Morning News Hour/ Participants Choice: Word search/Crossword National Beef Burger Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45		Crossword Puzzle ^{C, S} Target Toss ^{P, S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Name That Landscapes ^{S, C} One on one projects ^{Pr.}	Price is Right ^{S, C} One on one projects ^{Pr.}
10:55-11:40		Chimes ^{P, S, C} Big Word Small Word ^{C, S}	Pictionary ^{S, C} Headbandz ^{S, C}	Wheel of Fortune ^{S, C} One on one projects ^{Pr.}	Jeopardy ^{P, S,} Arts & Craft ^{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.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45		Expressive Art ^{C, S} One on one projects ^{Pr.}	Life Stories ^{S, C.} Card Game ^{S, C}	Baseball Game ^{S, C, P} One on one projects ^{Pr.}	Hangman ^{C, S.} Exercise Groups ^{P, S}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Karaoke ^{S, C} One on one projects ^{Pr.}	SCATTERGORIES ^{S, C} True or False Sign ^{P, S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30		Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Best 10 ^{S, C} One on one projects ^{Pr.}	Card Game ^{C, S} Dominos ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

May is...

- National Military Appreciation Month
- National Mental Health Awareness Month
- National Stroke Awareness Month
- Nurse week (6th-12th)
- National Volunteer Appreciation Week
- National Chamber Music 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