

# Adult Care Center of the Northern Shenandoah Valley, Inc.

## 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
9:00-9:45		Morning News Hour/ Participants Choice: Word search/Crossword <b>National Creative Ice Cream Flavors Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Disco Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	<b>Happy Independence Day! We are Closed!</b>
10:00-10:45		iPad Wheel of Fortune <sup>C, S</sup> Crossword Puzzle <sup>C, S</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Word Chart <sup>C, S</sup> Drum Circle <sup>S, C</sup>	
10:55-11:40		Hungry Hungry Hippo <sup>C, S</sup> Fourth of July Art and Craft <sup>S, C</sup>	Headbandz <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Name That Landscapes <sup>C, S</sup> Bean Bag Toss <sup>P, S, C</sup>	
12:00-1:55		Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Card Game	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> SCATTERGORIES <sup>S, C</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup> Obie Time <sup>S, C</sup>	
2:00-2:45		Chimes <sup>S, C</sup> Expressive Art <sup>C, S</sup> /Coloring <sup>C, S</sup> .	Telephone Game <sup>C, S</sup> Simon Says Cup <sup>C, S</sup>	Family Feud <sup>C, S</sup> 100 or Bust <sup>P, S, C</sup>	
3:00		Refreshments	Refreshments	Refreshments	
3:30-4:00		Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup> / Best 10 <sup>C, S</sup>	Hangman <sup>C, S</sup> True or False Sign <sup>P, S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	
4:00-4:30		Rainbow Toss <sup>S, C, P</sup> One on one projects <sup>Pr.</sup>	Pictionary <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Conversation Ball <sup>C, S</sup> One on one projects <sup>Pr.</sup>	
	7	8	9	10	11
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Bikini Day (5th)</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 Kitten Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>All American Pet Photo Day</b>
10:00-10:45	Bikini Day Art and Craft <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Word Chart <sup>S, C</sup> Bikini Day Art and Craft <sup>S, C</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Jeopardy <sup>P, S</sup> Connect 4 <sup>P, S</sup>	iPad Wheel of Fortune <sup>S, C</sup> Expressive Art <sup>C, S</sup> /Coloring <sup>C, S</sup>
10:55-11:40	Bikini Fashion Show <sup>S, C</sup> Pictionary <sup>C, S</sup>	Karaoke <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Hangman <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Kitten Bean Bag Toss <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Nerf Tower <sup>P, S</sup> Pet Photo Show <sup>S, C</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	Balloon Crash <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Chimes <sup>P, S, C</sup> Target Toss <sup>C, S</sup>	Baseball Game <sup>P, S, C</sup> Tic Tac Toe Throw <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Balloon Tennis <sup>S, C, P</sup> One on one projects <sup>Pr.</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>	Exercise Bingo <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Rainbow Throw <sup>P, S</sup> Best 10 <sup>C, S</sup>	Table Pin Ball <sup>P, S, C</sup> Spin the Wheel <sup>C, S</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>	Left Right Center <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Hungry Hungry Hippos <sup>P, 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>

	14	15	16	17	18
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National I Love Horse Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Lester!</b>	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Table Hockey <sup>P, S</sup> Ring Toss <sup>P, S</sup>	Marble Racing Talk <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	True or False Toss <sup>P, S</sup> Board Wheel of Fortune <sup>P, S</sup>	Hot Potato <sup>C, S</sup> Word Cookies <sup>C, S</sup>
10:55-11:40	Big Word Small Word <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Newspaper Horse Race <sup>P, S, C</sup> 100 or Bust <sup>P, S</sup>	Headbandz <sup>C, S</sup> iPad Wheel of Fortune <sup>C, S</sup>	Name That Person <sup>P, S, C</sup> Word Chart <sup>C, S</sup>	Pictionary <sup>C, S</sup> Balloon Crash <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>	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	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Which Came First <sup>Pr.</sup> One on one projects <sup>Pr.</sup>	Bingo <sup>C, S, P</sup> One on one projects <sup>Pr.</sup>	Expressive Art <sup>C, S/</sup> Coloring <sup>C, S</sup> Bullseye <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup> Chimes <sup>P, S, C</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>	Hangman <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Singing with Cat <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</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>	Chair Volleyball <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Trivia <sup>S, C/</sup> Best 10 <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Left Right Center <sup>S, C</sup> One on One Projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	21	22	23	24	25
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Junk Food Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Gorgeous Grandparent Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Tell An Old Joke Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Merry Go Round Day</b>
10:00-10:45	Expressive Art <sup>C, S/</sup> Coloring <sup>C, S</sup> Baseball Game <sup>P, S, C</sup>	Bean Bag Toss <sup>P, S, C</sup> Hangman <sup>C, S</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Bowling <sup>C, S, P</sup> One on one projects <sup>Pr.</sup>	Magic Broom <sup>C, S, P</sup> Karaoke <sup>C, S</sup>
10:55-11:40	Pictionary <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Vocabulary Solitaire <sup>C, S</sup> Crossword <sup>C, S</sup>	Finish The Story <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Jeopardy <sup>P, S, C</sup> One on one projects <sup>Pr.</sup>	Story Writing <sup>C, S</sup> Lawn Darts <sup>P, S, C</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	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Table Hockey <sup>P, C, S</sup> One on one projects <sup>Pr.</sup>	Life Stories <sup>S, C</sup> Penny Ante <sup>S, C</sup>	Bingo <sup>C, S</sup> True or False Toss <sup>C, S</sup>	Trivia <sup>P, S</sup> Karaoke <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>	100 Or Bust <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>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</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>	Farkle <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Music with Michael <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Conversation Ball <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	28	29	30	31	
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Milk Chocolate Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>International Tiger Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Share A Hug Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	
10:00-10:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Paddle Drum Ball <sup>P, S, C</sup> Summer Craft <sup>S, C</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Price is Right <sup>S, C</sup> One on one projects <sup>Pr.</sup>	
10:55-11:40	Jeopardy <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Crosswords <sup>S, C</sup> Word Cookies <sup>S, C</sup>	Table Tennis <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Karaoke <sup>S, C</sup> Wheel of Fortune <sup>S, C</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>	
2:00-2:45	Big Word Small Word <sup>P, S, C</sup> Chimes <sup>P, S, C</sup>	SCATERGORIES <sup>S, C</sup> Hangman <sup>C, S</sup>	Life Stories <sup>C, S</sup> Farkle <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Balloon Exercise <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Left Right Center <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Pictionary <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>	Uno Game <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Penny Ante <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Conversations <sup>S, C</sup> One on one projects <sup>Pr.</sup>	

\*Alternative activities will be offered as requested

July is...

- National Picnic Month
- World Watercolor Month
- National Peach Month
- National Ice Cream Month
- National Fragile X Awareness Month
- National Anti-Boredom 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