



Adult Care Center of the Northern Shenandoah Valley, Inc.

2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
9:00-9:45					Morning News Hour/ Participants Choice: Word search/Crossword National Sunflower Day
10:00-10:45					Sunflower art & craft ^{S, C} One on one projects ^{Pr.}
10:55-11:40					Big Word Small Word ^{C, S} One on one projects ^{Pr.}
12:00-1:55					Lunch & Relaxation/ One on one projects ^{Pr.} Sunflower puzzle & coloring
2:00-2:45					Sunflower Bingo ^{S, C} One on one projects ^{Pr.}
3:00					Refreshments
3:30-4:00					Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30					Friday Frolic ^R One on one projects ^{Pr.}
	4	5	6	7	8
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Chocolate Chip Cookie Day	Morning News Hour/ Participants Choice: Word search/Crossword National Root Beer Float Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Purple Heart Day	Happy Friday! We are closed.
10:00-10:45	Paint Your Cookies ^{S, C} Name That Cookie ^{S, C}	Beer trivia ^{S, C} Beer Bottle Ring Toss ^{P, S.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Jeopardy ^{P, S,} Chimes ^{P, S, C}	
10:55-11:40	Word Cookie ^{S, C} Pictionary ^{C, S}	Beer lid Art & Craft ^{S, C} Crosswords ^{S, C}	Hangman ^{C, S} One on one projects ^{Pr.}	Bean Bag Toss ^{P, S,} Table Pin Ball ^{P, S, C}	
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Coloring/ Puzzles ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie/ Card/ Games ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Art/ Obie/ Games ^{C, S}	
2:00-2:45	Connect 4 ^{C, S} Cookie Tic Tac Toe ^{S, C}	Bingo ^{C, S, P} One on one projects ^{Pr.}	Baseball Game ^{P, S, C} One on one projects ^{Pr.}	Best 10 ^{C, S} Spin the Wheel ^{C, 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}	Karaoke ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	
4:10-4:30	Monday Movie Matinee ^{R/} One on one projects ^{Pr.}	Rainbow Throw ^{P, S} One on one projects ^{Pr.}	Hungry Hungry Hippos ^{P, S} One on one projects ^{Pr.}	Farkle ^{C, S} One on one projects ^{Pr.}	

	11	12	13	14	15
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Play In the Sand 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	Morning News Hour/ Participants Choice: Word search/Crossword National Relaxation Day
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Crosswords ^{S, C} Bowling ^{S, C}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Chair Volleyball ^{C, S} Word Charts ^{S, C}	Magic Broom ^{C, S} Bean Bag Toss ^{C, S}
10:55-11:40	Wheel of Fortune ^{C, S} One on one projects ^{Pr.}	Which Came First ^{Pr.} 100 or Bust ^{P, S}	Headbandz ^{C, S} iPad Wheel of Fortune ^{C, S}	Word Cookies ^{S, C} Paddle Ball ^{C, S}	Karaoke ^{C, S} People Say ^{C, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Coloring/ Puzzles ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie/ Card/ Games ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Art/ Obie/ Games ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2 :45	Sand Art & Craft ^{S, C} One on one projects ^{Pr.}	Chimes ^{P, S, C} One on one projects ^{Pr.}	Egg Carton Goldfish Art & Craft ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Chair Yoga Gentle Stretch ^{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} Cycling ^{P, S}	Big Words Small Words ^{C, S} One on one projects ^{Pr.}	True or False Toss ^{C, S} Family Feud ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^{R/} One on one projects ^{Pr.}	Best 10 ^{C, S} Spin the Wheel ^{C, S}	Hangman ^{S, C/} Trivia ^{S, C} One on one projects ^{Pr.}	Farkle ^{S, C} Uno Game ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
	18	19	20	21	22
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Potato Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Mary Lou!	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizen Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Art & Craft ^{C, S} Baseball Game ^{P, S, C}	Crosswords ^{S, C} Wheel of Fortune ^{C, S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Ring Toss ^{C, S} Connect 4 ^{C, S}	Bowling ^{C, S} Paddle Drum Toss ^{P, S}
10:55-11:40	Pictionary ^{C, S} This or That ^{C, S}	Drum Circle ^{C, S} Table Hockey ^{P, C, S}	Vocabulary Solitaire ^{C, S} iPad Jeopardy ^{S, C}	Scatergorries ^{S, C} Hangman ^{C, S}	Bible Trivia ^{C, S} Name That Person ^{C, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Coloring/ Puzzles ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie/ Card/ Games ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Art/ Obie/ Games ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2 :45	Table Tennis ^{S, C} Pictoword ^{S, C}	Mr. Potato Art ^{S, C} One on one projects ^{Pr.}	Life Stories ^{S, C} Penny Ante ^{S, C}	Bingo ^{C, S} Family Feud ^{C, S}	Big Words Small Words ^{C, S} Tic Tac Toe Toss ^{P, S, C}
3:00	Refreshments	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.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Farkle ^{S, C} 100 Or Bust ^{C, S}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Left Right Center ^{S, C} Jenga ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	25	26	27	28	29
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Dog Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Bow Tie Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Bean Bag Toss ^{S, C} Word Cookies ^{S, C}	Bullseye ^{S, C} Crossword ^{C, S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Design your own Bow Tie ^{S, C} Bow Tie Pasta Art & Craft ^{S, C}	Price is Right ^{S, C} One on one projects ^{Pr.}
10:55-11:40	Hangman ^{C, S} Lawn Darts ^{C, S}	Rainbow Toss ^{C, S, P} Wheel of Fortune ^{S, C}	Word Chart ^{S, C} Headbands ^{S, C}	Karaoke ^{S, C} Jeopardy ^{S, C}	People Say ^{C, S} Farm A to Z ^{S, C}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Coloring/ Puzzles ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie/ Card/ Games ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Art/ Obie/ Games ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Bulldozer ^{P, S, C} Chimes ^{P, S, C}	Which Came First ^{S, C} Nerf Tower ^{C, S}	Bingo ^{C, S} Crossword ^{S, C}	Summer A to Z ^{S, C} Name That Landscapes ^{S, C}	Afternoon Stretch ^{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} Cycling ^{P, S}	Trivia ^{S, C} Pictionary ^{S, C}	100 or Bust ^{S, C} Best 10 ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Old Maid ^{S, C} Left Right Center ^{S, C}	Shake a Memory ^{S, C} One on one projects ^{Pr.}	Conversations Ball ^{S, C} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

August is...

- National Dog Month
- International Peace Month
- Happiness Happens Month
- National Back to School Month
- National Golf Month
- Family Fun 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