

$\begin{tabular}{ll} Adult Care Center of the Northern Shenandoah Valley, Inc. \\ 2025 \end{tabular}$



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
9:00-	Happy Labor Day!	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:45	We are closed.	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword
10.00		D 1.C	1 Br S C	National Wildlife Day	Bowling League Day
10:00-		Puzzle ^C Crossword ^{S, C}	Intergenerational Pr., S, C	Jeopardy ^{S, C} Bean Bag Toss ^{P, C}	Name That Person S, C Big Word Small Word C, S
10:45		One on one projects Pr.	One on one projects Pr.	Bean Bag 1088 17	Big word Small word
10:55-		Nerf Tower ^{C, S, P}	Word Chart ^{S, C}	Wildlife A to Z S, C	Regular Exercise P, S
11:40		Story Writing ^{C, S}	Spin the Wheel ^{S, C.}	Target Toss P, C	Cycling P, S.
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12:00-		Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:55		One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.
		Coloring/ Puzzles C, S	Obie/ Card Games C, S	Art/ Obie/ Games C, S	Puzzle & coloring
2:00-		Regular Exercise P, S	Bingo ^{C, S}	Moose Art & Craft ^{S, C}	Cup Bulldozer P, S
2:45		Cycling P, S.	Balloon Crash P, C	Life Stories S, C	Bowling S, P
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-		Connect 4 P, C, S	Hungry Hungry Hippos S, P	Table Hockey P, C, S	Friday Frolic R
4:00		Karaoke ^{S, C}	Wheel of Fortune S, C	Best 10 S, C	One on one projects Pr.
4:00-		100 or Bust ^{S, C}	Penny Ante ^{S, C}	Conversation Ball S, C	Friday Frolic ^R
4:30		Left Right Center S, C	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.
	8	9	10	11	12
9:00-	8 Morning News Hour/ Participants	Morning News Hour/ Participants	10 Morning News Hour/ Participants	11 Morning News Hour/ Participants	12 Morning News Hour/ Participants
9:00- 9:45		-	Morning News Hour/ Participants Choice: Word search/Crossword		
9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement
9:45	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S.	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S,
9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement
9:45 10:00- 10:45	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P. S. C	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P
9:45 10:00- 10:45 10:55-	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr. Party A to Z C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C Teddy Bear Trivia S, C	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr. Hangman C, S	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P, S, C Table Hockey P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P
9:45 10:00- 10:45	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P. S. C	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P
9:45 10:00- 10:45 10:55- 11:40	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr. Party A to Z C, S Family Feud C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C Teddy Bear Trivia S, C Connect 4 P. S.	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr. Hangman C, S Trivia C, S	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P, S, C Table Hockey P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P Cap Art & Craft C, S One on one projects Pr.
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9:45 10:00- 10:45 10:55- 11:40	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr. Party A to Z C, S Family Feud C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C Teddy Bear Trivia S, C Connect 4 P. S. Lunch & Relaxation/ One on one projects Pr. Coloring/ Puzzles C, S	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr. Hangman C, S Trivia C, S	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P. S. C Table Hockey P. S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P Cap Art & Craft C, S One on one projects Pr.
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00-	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr. Party A to Z C, S Family Feud C, S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C Teddy Bear Trivia S, C Connect 4 P. S. Lunch & Relaxation/ One on one projects Pr. Coloring/ Puzzles C, S Bingo C, S, P	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr. Hangman C, S Trivia C, S Lunch & Relaxation/ One on one projects Pr. Obie/ Card/ Games C, S Pictionary S, C	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P. S. C Table Hockey P. S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Art/ Obie/ Games C, S Pool Noodle Drop C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P Cap Art & Craft C, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Encouragement Tree C, S
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr. Party A to Z C, S Family Feud C, S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C Teddy Bear Trivia S, C Connect 4 P. S. Lunch & Relaxation/ One on one projects Pr. Coloring/ Puzzles C, S	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr. Hangman C, S Trivia C, S Lunch & Relaxation/ One on one projects Pr. Obie/ Card/ Games C, S	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P. S. C Table Hockey P. S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Art/ Obie/ Games C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P Cap Art & Craft C, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr.
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9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr. Party A to Z C, S Family Feud C, S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C Teddy Bear Trivia S, C Connect 4 P, S. Lunch & Relaxation/ One on one projects Pr. Coloring/ Puzzles C, S Bingo C, S, P One on one projects Pr. Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr. Hangman C, S Trivia C, S Lunch & Relaxation/ One on one projects Pr. Obie/ Card/ Games C, S Pictionary S, C Life Stories S, C Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P. S. C Chimes P. S. C Table Hockey P. S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Art/ Obie/ Games C. S Pool Noodle Drop C. S Word Cookie C. S Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P Cap Art & Craft C, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Encouragement Tree C, S Encouragement Ball Toss P, S Refreshments
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9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr. Party A to Z C, S Family Feud C, S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Monday Movie Matinee R/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C Teddy Bear Trivia S, C Connect 4 P, S. Lunch & Relaxation/ One on one projects Pr. Coloring/ Puzzles C, S Bingo C, S, P One on one projects Pr. Refreshments Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr. Hangman C, S Trivia C, S Lunch & Relaxation/ One on one projects Pr. Obie/ Card/ Games C, S Pictionary S, C Life Stories S, C Refreshments Sing Along with Friends C, S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P. S. C Chimes P. S. C Table Hockey P. S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Art/ Obie/ Games C. S Pool Noodle Drop C. S Word Cookie C. S Refreshments Pin Ball Table P. S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P Cap Art & Craft C, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Encouragement Tree C, S Encouragement Ball Toss P, S Refreshments Friday Frolic R One on one projects Pr.
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00 4:10-	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr. Party A to Z C, S Family Feud C, S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Monday Movie Matinee R/ One on one projects Pr. Monday Movie Matinee R/ Monday Movie Matinee R/	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C Teddy Bear Trivia S, C Connect 4 P, S. Lunch & Relaxation/ One on one projects Pr. Coloring/ Puzzles C, S Bingo C, S, P One on one projects Pr. Refreshments Regular Exercise P, S Cycling P, S True or False Toss P, S	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr. Hangman C, S Trivia C, S Lunch & Relaxation/ One on one projects Pr. Obie/ Card/ Games C, S Pictionary S, C Life Stories S, C Refreshments Sing Along with Friends C, S One on one projects Pr. Best 10 C, S	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P. S. C Chimes P. S. C Chimes P. S. C Table Hockey P. S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Art/ Obie/ Games C, S Pool Noodle Drop C, S Word Cookie C, S Refreshments Pin Ball Table P, S One on one projects Pr. Farkle C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P Cap Art & Craft C, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Encouragement Tree C, S Encouragement Ball Toss P, S Refreshments Friday Frolic R One on one projects Pr. Friday Frolic R
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Music Group P. S. One on one projects Pr. Party A to Z C, S Family Feud C, S Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Monday Movie Matinee R/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Teddy Bear Day Bear Art & Craft S, C Crossword S, C Teddy Bear Trivia S, C Connect 4 P, S. Lunch & Relaxation/ One on one projects Pr. Coloring/ Puzzles C, S Bingo C, S, P One on one projects Pr. Refreshments Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword National TV Dinner Day Intergenerational Pr., S, C One on one projects Pr. Hangman C, S Trivia C, S Lunch & Relaxation/ One on one projects Pr. Obie/ Card/ Games C, S Pictionary S, C Life Stories S, C Refreshments Sing Along with Friends C, S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Baseball Game P. S. C Chimes P. S. C Chimes P. S. C Table Hockey P. S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Art/ Obie/ Games C. S Pool Noodle Drop C. S Word Cookie C. S Refreshments Pin Ball Table P. S One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Encouragement Jeopardy P, S, Bingo C, S, P Cap Art & Craft C, S One on one projects Pr. Lunch & Relaxation/ One on one projects Pr. Encouragement Tree C, S Encouragement Ball Toss P, S Refreshments Friday Frolic R One on one projects Pr.

	15	16	17	18	19
9:00- 9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Felt Hat Day	Morning News Hour/ Participants Choice: Word search/Crossword Mayflower Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Cheeseburger Day	Morning News Hour/ Participants Choice: Word search/Crossword Talk like a Pirate Day
10:00- 10:45	Which Came First Pr. One on one projects Pr.	Mayflower Hangman ^{S, C} Design your Mayflower Ship ^{S, C}	Intergenerational Pr., S, C One on one projects Pr.	Story Writing ^{C, S} Word Charts ^{S, C}	Karaoke ^{C, S} One on one projects ^{Pr.}
10:55- 11:40	Hat Trivia ^{C, S} Hat Potato ^{C, S}	100 or Bust ^{P, S} One on one projects ^{Pr.}	Pictionary ^{C, S} One on one projects ^{Pr.}	Bingo ^{C, S, P} Ring Toss ^{S, C}	Treasure Hunt Toss ^{C, S} Bean Bag Toss ^{P, 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	Coin Toss (Hat) ^{S, C} One on one projects ^{Pr.}	Connect 4 P. S. Magic Broom S, C, P	Crossword Puzzle ^{C, S} Lawn Darts ^{P, S.}	Regular Exercise P, S/Cycling P, S Paddle Ball C, S	Noodle Stack Race ^{C, S} Chair Volleyball ^{P, 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.}	Cheeseburger Arts and Craft ^{S, C} True or False Toss ^{C, S} This or That ^{C, S}	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} Card Game ^{C, S.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Farkle ^{S, C} Uno Game ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
	22	23	24	25	26
9:00- 9:45	Morning News Hour/ Participants Choice: Word search/Crossword First Day of Autumn National Family Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Punctuation Day	Morning News Hour/ Participants Choice: Word search/Crossword National Comic Book Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00- 10:45	Music Group ^{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	Family Feud ^{C, S} Family Storytelling ^{C, S}	Bible Trivia ^{C, S,} One on one projects ^{Pr.}	Vocabulary Solitaire ^{C, S} iPad Jeopardy ^{S, C}	Hangman ^{C, S} People Say ^{C, S}	Scatergorries ^{S, C} Name That Landscapes ^{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} One on one projects ^{Pr.}	Drum Circle ^{C, S} Table Hockey ^{P, C, S}	Life Stories ^{S, C.} Penny Ante ^{S, C}	Bingo ^{C, S} Family Feud ^{C, S}	Word Charts S, C 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.}	Big Word Small Word ^{C, S} Pictionary ^{S, C}	Picto word ^{S, C} Best 10 ^{C, S}	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}	Conversation ^{S, C} Spin the Wheel ^{S, C}	Left Right Center ^{S, C} Jenga ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	29	30		
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants		
9:45	Choice: Word search/Crossword National Coffee Day	Choice: Word search/Crossword		
10:00-	Music Group S, C	Price is Right S, C		
10:45	Word Cookies S, C	One on one projects Pr.		
10:55-	Hangman ^{C, S,}	Rainbow Toss C, S, P		
11:40	Lawn Darts ^{C, S}	Wheel of Fortune S, C		
12:00-	Lunch & Relaxation/	Lunch & Relaxation/		
1:55	One on one projects Pr.	One on one projects Pr. Coloring/Puzzles C, S		
2:00-	Bulldozer ^{P, S, C}	Connect 4 ^{C, S}		
2:45	BINGO ^{S, C}	Balloon Toss P, C, S		
3:00	Refreshments	Refreshments		
3:30-	Monday Movie Matinee ^R One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S.}		
4:00	One on one projects	Cycling 1, -		
4:10-	Monday Movie Matinee R	Old Maid ^{S, C}		
4:30	One on one projects Pr.	Left Right Center S, C		
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^{*}Alternative activities will be offered as requested

September is...

- National Honey Month
- Better Breakfast Month
- National Square Dance Month

- Save Your Photos Month
- National Sewing Month
- National Courtesy 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