



Adult Care Center of the Northern Shenandoah Valley, Inc.

2025



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

*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