



# Adult Care Center of the Northern Shenandoah Valley, Inc. 2025

# November

|             | MONDAY                                                                                                      | TUESDAY                                                                                        | WEDNESDAY                                                                                      | THURSDAY                                                                                          | FRIDAY                                                                                             |
|-------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|             | 3                                                                                                           | 4                                                                                              | 5                                                                                              | 6                                                                                                 | 7                                                                                                  |
| 9:00-9:45   | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>Daylight Saving Time Ends (2nd).</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword                               | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Donut Day</b>  | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Saxophone Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Jersey Friday</b>  |
| 10:00-10:45 | Music Time <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                            | Wheel of Fortune <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                         | Intergenerational <sup>Pr., S, C</sup><br>One on one projects <sup>Pr.</sup>                   | Hangman <sup>S, C</sup><br>Chimes <sup>P, S, C</sup>                                              | Jeopardy <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                                     |
| 10:55-11:40 | Word Chart <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                            | Bean Bag Toss <sup>P, C, S</sup><br>Ring Toss <sup>S, C, P</sup>                               | Trivia<br>One on one projects <sup>Pr.</sup>                                                   | Bowling <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                     | Table Hockey <sup>P, C, S</sup><br>Name That Person <sup>S, C</sup>                                |
| 12:00-1:55  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                                                   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                                      | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Obie/ Card Games <sup>C, S</sup>  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Art/ Obie/ Games <sup>C, S</sup>     | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Puzzle & coloring                     |
| 2:00-2:45   | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                                                 | Karaoke <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                                  | Crossword <sup>S, C</sup><br>UNO Game <sup>C, S</sup>                                          | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                                       | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup><br>Big Word Small Word <sup>C, S</sup> |
| 3:00        | Refreshments                                                                                                | Refreshments                                                                                   | Refreshments                                                                                   | Refreshments                                                                                      | Refreshments                                                                                       |
| 3:30-4:00   | Balloon Crash <sup>P, C</sup><br>One on one projects <sup>Pr.</sup>                                         | Tuesday Movie Matinee <sup>R</sup> /<br>One on one projects <sup>Pr.</sup>                     | Bingo <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                                    | Best 10 <sup>S, C</sup><br>Watercolor bookmark <sup>C, S</sup>                                    | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>                                   |
| 4:10-4:30   | Spin the Wheel <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                                        | Tuesday Movie Matinee <sup>R</sup> /<br>One on one projects <sup>Pr.</sup>                     | 100 or Bust <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                              | Penny Ante <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                                  | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>                                   |
|             | 10                                                                                                          | 11                                                                                             | 12                                                                                             | 13                                                                                                | 14                                                                                                 |
| 9:00-9:45   | Morning News Hour/ Participants<br>Choice: Word search/Crossword                                            | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>Veterans Day</b>        | Morning News Hour/ Participants<br>Choice: Word search/Crossword                               | Morning News Hour/ Participants<br>Choice: Word search/Crossword                                  | Morning News Hour/ Participants<br>Choice: Word search/Crossword                                   |
| 10:00-10:45 | Music Time <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                            | Crossword <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                                | Intergenerational <sup>Pr., S, C</sup><br>One on one projects <sup>Pr.</sup>                   | Big Word Small Word <sup>C, S</sup><br>Karaoke <sup>C, S</sup>                                    | Which Came First? <sup>P, S</sup><br>One on one projects <sup>Pr.</sup>                            |
| 10:55-11:40 | True or False Toss <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                    | Bingo <sup>C, S, P</sup><br>One on one projects <sup>Pr.</sup>                                 | Hedbanz/ Trivia <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                          | Table Hockey <sup>P, S</sup><br>One on one projects <sup>Pr.</sup>                                | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                                        |
| 12:00-1:55  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                                                   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Coloring/ Puzzles <sup>C, S</sup> | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Obie/ Card/ Games <sup>C, S</sup> | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Art/ Obie/ Games <sup>C, S</sup>     | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                                          |
| 2:00-2:45   | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                                                 | Veteran's Day Art & Craft <sup>S, C</sup><br>Chimes <sup>P, S, C</sup>                         | Bingo <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                                    | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                                       | Wheel of Fortune <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                             |
| 3:00        | Refreshments                                                                                                | Refreshments                                                                                   | Refreshments                                                                                   | Refreshments                                                                                      | Refreshments                                                                                       |
| 3:30-4:00   | Hangman <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                               | Tuesday Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup>                       | Bean Bag Toss <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                            | Pool Noodle Drop <sup>C, S</sup><br>Magic Broom <sup>P, C</sup>                                   | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>                                   |
| 4:10-4:30   | Pictionary <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                            | Tuesday Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup>                       | Exercise <sup>P, S</sup><br>One on one projects <sup>Pr.</sup>                                 | Farkle <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                      | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>                                   |

|             | 17                                                                                                  | 18                                                                                               | 19                                                                                                    | 20                                                                                            | 21                                                               |
|-------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 9:00-9:45   | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Take A Hike Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Princess Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Paly Monopoly Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword                              | Morning News Hour/ Participants<br>Choice: Word search/Crossword |
| 10:00-10:45 | Music Time <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                    | Karaoke <sup>S, C</sup><br>Trivia <sup>C, S</sup>                                                | Intergenerational <sup>Pr., S, C</sup><br>One on one projects <sup>Pr.</sup>                          | Story Writing <sup>C, S</sup><br>Word Charts <sup>S, C</sup>                                  | Chimes <sup>P, S, C</sup><br>One on one projects <sup>Pr.</sup>  |
| 10:55-11:40 | Crossword <sup>S, C</sup><br>Family Feud <sup>C, S</sup>                                            | 100 or Bust <sup>P, S</sup><br>Marble Running <sup>P, S, C</sup>                                 | Pictionary <sup>C, S</sup><br>Pictionary / Trivia <sup>C, S</sup>                                     | Nerf Tower <sup>C</sup><br>Ring Toss <sup>S, C</sup>                                          | Paddle Ball <sup>C, S</sup><br>Hangman <sup>C, S</sup>           |
| 12:00-1:55  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                                           | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Coloring/ Puzzles <sup>C, S</sup>   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Obie/ Card/ Games <sup>C, S</sup>        | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Art/ Obie/ Games <sup>C, S</sup> | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>        |
| 2:00-2 :45  | Wheel of Fortune <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                              | Chair Volleyball <sup>P, C</sup><br>Hungry Hungry Hippos <sup>S, C</sup>                         | Life Stories <sup>C, S</sup><br>UNO Game <sup>C, S</sup>                                              | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                                   | Pool Noodle Drop <sup>C, S</sup><br>Connect 4 <sup>P, S</sup>    |
| 3:00        | Refreshments                                                                                        | Refreshments                                                                                     | Refreshments                                                                                          | Refreshments                                                                                  | Refreshments                                                     |
| 3:30-4:00   | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                                         | Tuesday Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup>                         | Big Words Small Words <sup>S, C</sup><br>Magic Broom <sup>S, C, P</sup>                               | Arts and Craft <sup>S, C</sup><br>True or False Trivia <sup>S, C</sup>                        | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup> |
| 4:10-4:30   | Lawn Darts <sup>P, S</sup><br>Whack a Mole True or False <sup>C, S</sup>                            | Tuesday Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup>                         | Hedbanzs <sup>C, S</sup><br>Conversation <sup>C, S</sup>                                              | Farkle <sup>S, C</sup><br>Uno Game <sup>S, C</sup>                                            | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup> |
|             | 24                                                                                                  | 25                                                                                               | 26                                                                                                    | 27                                                                                            | 28                                                               |
| 9:00-9:45   | Morning News Hour/ Participants<br>Choice: Word search/Crossword                                    | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Parfait Day</b>  | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Jukebox Day</b>       | <b>Happy Thanksgiving!<br/>We are closed.</b>                                                 | <b>Happy Thanksgiving!<br/>We are closed.</b>                    |
| 10:00-10:45 | Music Time <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                    | Word Charts <sup>C, S</sup><br>Wheel of Fortune <sup>C, S</sup>                                  | Intergenerational <sup>Pr., S, C</sup><br>One on one projects <sup>Pr.</sup>                          |                                                                                               |                                                                  |
| 10:55-11:40 | Price is Right <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                                | People Say <sup>C, S</sup><br>Bible Trivia <sup>C, S</sup>                                       | Vocabulary Solitaire <sup>C, S</sup><br>Family Feud <sup>S, C</sup>                                   |                                                                                               |                                                                  |
| 12:00-1:55  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                                           | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Coloring/ Puzzles <sup>C, S</sup>   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup><br>Obie/ Card/ Games <sup>C, S</sup>        |                                                                                               |                                                                  |
| 2:00-2 :45  | Art & Craft: Pinecone Turkey <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                  | Drum Circle <sup>C, S</sup><br>Table Hockey <sup>P, C, S</sup>                                   | Thanksgiving Bingo <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                              |                                                                                               |                                                                  |
| 3:00        | Refreshments                                                                                        | Refreshments                                                                                     | Refreshments                                                                                          |                                                                                               |                                                                  |
| 3:30-4:00   | Big Word Small Word <sup>C, S</sup><br>Spin the Wheel <sup>S, C</sup>                               | Tuesday Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup>                         | Music with Michael <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                              |                                                                                               |                                                                  |
| 4:10-4:30   | Raise up Hand <sup>C, S</sup> / Farkle <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>        | Tuesday Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup>                         | Music with Michael <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                              |                                                                                               |                                                                  |

\*Alternative activities will be offered as requested

November is...

- National Hospice & Palliative Care Month
- Military Family Month
- World Vegan Month
- Long-Term Care Awareness Month
- National Home Care & Hospice Month
- National Family Caregivers 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