



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

# 2026

# JANUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45				<b>1</b> <b>Happy New Year!</b> We are closed.	<b>2</b> Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45					Karaoke C, S One on one projects Pr.
10:55-11:40					Winter Hangman P, S One on one projects Pr.
12:00-1:55					Lunch & Relaxation/ One on one projects Pr.
2:00-2:45					Regular Exercise P, S Cycling P, S
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.
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Thank God It's Monday Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Bean Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Whitney!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Bubble Bath Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Static Electricity Day</b>
10:00-10:45	Winter A to Z C, S Crossword Puzzle S, C	Story Writing S, C One on one projects Pr.	Intergenerational Pr., S, C One on one projects Pr.	Rainbow Board P, S, C Art and Craft: Mitten Card S, C	Chair Volleyball P, S, Chimes P, S, C
10:55-11:40	Regular Exercise P, S Cycling P, S	Table Hockey P, C. Bean Bag Toss Pr.	Hedbanz S, C Family Feud S, C	Wheel of Fortune S, C One on one projects Pr.	Hungry Hungry Hippos P, S, Word Scramble C, S
12:00-1:55	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.
2:00-2:45	Nerf Tower Conversation C, S, P One on one projects Pr.	Bingo Game S, C One on one projects Pr.	Hangman P, S One on one projects Pr.	Bowling C, S One on one projects Pr.	Best 10 C, S, One on one projects Pr.
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Snowman Toss C, S One on one projects Pr.	Tuesday Movie Matinee R One on one projects Pr.	Lawn Darts P, S, One on one projects Pr.	Word Chart P, S, One on one projects Pr.	Friday Frolic R One on one projects Pr.
4:10-4:30	Ring Toss C, S, P One on one projects Pr.	Tuesday Movie Matinee R One on one projects Pr.	Penny Ante S, C One on one projects Pr.	Left Right Center C, P, S One on one projects Pr.	Friday Frolic R One on one projects Pr.

	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Pharmacist Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Dawn!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Dress Up Your Pet Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Hat Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Fig Newton Day</b>
10:00-10:45	Music Time C, S One on one projects Pr.	Story Writing C, S Crossword Puzzle S, C	Intergenerational Pr., S, C One on one projects Pr.	Bible Trivia C, S Design Your Own Hat C, S	Rainbow Toss P, S, C Big Words Small Words C, S
10:55-11:40	Jeopardy C, S One on one projects Pr.	Name that Tunes C, S Marble Racing P, S	Pictionary C, S Connect 4 S, C	Pool Noodle Drop P, S, C Hangman C, S	Chimes P, S, C Know Your Neighbor C, S
12:00-1:55	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.
2:00-2:45	Regular Exercise P, S Cycling P, S	Cup Bulldozer P, S One on one projects Pr.	Life Stories C, S Uno Game C, S	Target Toss C, P Word Chart C, S	Family Feud C, S. Which Came First? C, S
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	True or False Toss C, S One on one projects Pr.	Tuesday Movie Matinee R/ One on one projects Pr.	Best 10 P, S One on one projects Pr.	100 or Bust P, S, C One on one projects Pr.	Friday Frolic R One on one projects Pr.
4:10-4:30	Balloon Crash P, S One on one projects Pr.	Tuesday Movie Matinee R/ One on one projects Pr.	Trivia R, S Frakle S, C	Spin the Wheel C, S One on one projects Pr.	Friday Frolic R One on one projects Pr.
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Martin Luther King Jr. Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Disc Jockey Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Hugging Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Polka Dot Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Pie Day</b>
10:00-10:45	Music Time C, S, P One on one projects Pr.	Family Feud C, S Story Writing C, S	Intergenerational Pr., S, C One on one projects Pr.	Chimes P, S, C One on one projects Pr.	Wheel of Fortune C, S Crossword Puzzle C, S
10:55-11:40	Word Scramble S, C One on one projects Pr.	Marble Racing P, S One on one projects Pr.	Hangman C, S Wheel of Fortune C, S	Hungry Hungry Hippos P, S, C One on one projects Pr.	Karaoke P, S One on one projects Pr.
12:00-1:55	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr.
2:00-2:45	Regular Exercise P, S Cycling P, S	Regular Exercise P, S Cycling P, S	Bingo C, S Conversation R, S	Noodle Baseball C, S Art & Craft: Q-Tip Snowflake S, C	Chair Volleyball P, S Jeopardy C, S
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Old Maid C, S. One on one projects Pr.	Tuesday Movie Matinee R/ One on one projects Pr.	Music with Michael S, C One on one projects Pr.	Noodle Stack Race S, C, P Tic Tac Toe Toss P, S	Friday Frolic R One on one projects Pr.
4:10-4:30	Ring Toss S, C One on one projects Pr.	Tuesday Movie Matinee R/ One on one projects Pr.	Music with Michael S, C One on one projects Pr.	Conversation/ Trivia R, S One on one projects Pr.	Friday Frolic R One on one projects Pr.

	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Spouses Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Chocolate Cake Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Blueberry Pancake Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Fun At Work Day</b>
10:00-10:45	Music Time <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Family Feud <sup>C, S</sup> Bean Bag Toss <sup>C, S</sup>	Intergenerational <sup>Pr., S, C</sup> One on one projects <sup>Pr.</sup>	Karaoke <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Crossword Puzzle <sup>C, S</sup> Target Toss <sup>P, S</sup>	100 or Bust <sup>P, S</sup> Word Cookie <sup>C, S</sup>	Hangman <sup>C, S</sup> Spin the Wheel <sup>S, C</sup>	Hungry Hungry Hippos <sup>P, S, C</sup> One on one projects <sup>Pr.</sup>	Table Hockey <sup>P, C</sup> Exercise <sup>P, 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	Chair Volleyball <sup>P, S</sup> Word Chart <sup>C, S</sup>	Art & Craft: Penguin <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Life Stories <sup>C, S</sup> Card Game <sup>C, S</sup>	Exercise <sup>P, S</sup> Connect 4 <sup>P, S</sup>	Jeopardy <sup>C, S</sup> Bingo <sup>C, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Wheel of Fortune <sup>C, S</sup> Spin the Wheel <sup>P, S</sup>	Tuesday Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Best 10 <sup>S, C</sup> Pictionary <sup>C, S</sup>	Nerf Tower <sup>S, C, P</sup> Family Feud <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Rainbow Board <sup>P, C, S</sup> One on one projects <sup>Pr.</sup>	Tuesday Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Conversation Ball <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Card Game/ Trivia <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

\*Alternative activities will be offered as requested

January is...

- National Soup Month
- National Hobby Month
- Military Hot Tea Month
- National Blood Donor Month
- National Sunday Supper Month
- National Oatmeal Month

#### Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Music & Memory

#### 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

\*\*Offered throughout the day to ensure person centered care\*\*