



Adult Care Center of the Northern Shenandoah Valley, Inc. 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Ground Hog Day	Morning News Hour/ Participants Choice: Word search/Crossword National Carrot Cake Day	Morning News Hour/ Participants Choice: Word search/Crossword National Women in Sports Day	Morning News Hour/ Participants Choice: Word search/Crossword Optimist Day	Morning News Hour/ Participants Choice: Word search/Crossword Wear Your Football Color
10:00-10:45	Black History Month Project: Hand Quotes Wreath ^{C, S} One on one projects ^{Pr.}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}	Intergenerational Program: Road Safety ^{Pr., S, C} One on one projects ^{Pr.}	Bowling ^{P, S, C} One on one projects ^{Pr.}	Chimes ^{P, S, C} One on one projects ^{Pr.}
10:55-11:40	Story Writing ^{S, C} One on one projects ^{Pr.}	Hangman ^{S, C} One on one projects ^{Pr.}	Hedbanz ^{S, C} Family Feud ^{S, C}	Word Chart ^{P, S} One on one projects ^{Pr.}	Foot Ball Hangman ^{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	Music Time ^{C, S} Exercise ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Life Stories ^{C, S} Game of choice ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Super Bowl Field Goal ^{P, S} Friday Bingo Time ^{S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Table Hockey ^{P, C} Balloon Badminton ^{P, C}	Bean Bag Toss ^{P, S} Best 10 ^{S, C}	Sing along ^{S, C} Penny Ante ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Piano Music ^{S, C, Pr.} UNO Game ^{S, C}	Lawn Darts ^{P, S} Jenga ^{S, C}	Left Right Center ^{C, P, S} Conversation Ball ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
	9	10	11	12	13
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Pizza Day	Morning News Hour/ Participants Choice: Word search/Crossword National Guitar Day	Morning News Hour/ Participants Choice: Word search/Crossword National Peppermint Patty Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Valentine's Day
10:00-10:45	Black History Month Project: Music & Movement ^{C, S} One on one projects ^{Pr.}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}	Intergenerational Program: Tissue Paper Heart ^{Pr., S, C} One on one projects ^{Pr.}	Expressive Art ^{S, C} Trivia ^{C, S}	Chimes ^{P, S, C} One on one projects ^{Pr.}
10:55-11:40	Bible Trivia ^{C, S} iPad Jeopardy ^{S, C}	Marble Racing ^{P, S} Pool Noodle Drop ^{P, S, C}	Connect 4 ^{S, C} Hangman ^{C, S}	Target Toss ^{C, P} One on one projects ^{Pr.}	Valentine Art & Craft: Tree of Heart ^{S, C}
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	Music Time ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Uno Game ^{C, S}	Word Chart ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{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.}	Name that Tunes ^{C, S} Pictionary ^{C, S}	Karaoke ^{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	Monday Movie Matinee ^R One on one projects ^{Pr.}	Left Right Center ^{C, S} One on one projects ^{Pr.}	Frakle ^{S, C} Spin the Wheel ^{C, S}	Bird Bingo ^{S, C} Shake the Memory ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	16	17	18	19	20
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword President's Day	Morning News Hour/ Participants Choice: Word search/Crossword Chinese New Year	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Arabian Horse Day	Morning News Hour/ Participants Choice: Word search/Crossword National Love Your Pet Day
10:00-10:45	Presidents Hangman ^{S, C} One on one projects ^{Pr.}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}	Intergenerational Program: Outer Space & Rocket ^{Pr., S, C} One on one projects ^{Pr.}	Chimes ^{P, S, C} One on one projects ^{Pr.}	Karaoke ^{P, S} One on one projects ^{Pr.}
10:55-11:40	Lawn Darts ^{P, S} One on one projects ^{Pr.}	Wheel of Fortune ^{C, S} One on one projects ^{Pr.}	Trivia ^{C, S} Hedbanz ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Black History Month Project: Who are they? ^{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}	Expressive Art ^{S, C} Nerf Tower ^{S, C, P}	Bingo ^{C, S} Conversation ^{R, S}	Noodle Baseball ^{C, S} 100 or Bust ^{P, S}	Shuffleboard ^{S, C} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Bean Bag Toss ^{S, C} Connect 4 ^{P, S}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Family Feud ^{C, S} Tic Tac Toe Toss ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Conversation ^{S, C} 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.}
	23	24	25	26	27
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Tile Day	Morning News Hour/ Participants Choice: Word search/Crossword National Tortilla Chip Day	Morning News Hour/ Participants Choice: Word search/Crossword National Chili Day	Morning News Hour/ Participants Choice: Word search/Crossword National Letter to an Elder Day	Morning News Hour/ Participants Choice: Word search/Crossword National Polar Bear Day
10:00-10:45	Black History Month Project: Motown Music Bingo ^{C, S} One on one projects ^{Pr.}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}	Intergenerational Program: Electricity ^{Pr., S, C} One on one projects ^{Pr.}	Chimes ^{P, S} One on one projects ^{Pr.}	Drum Circle ^{P, S, C} One on one projects ^{Pr.}
10:55-11:40	Karaoke ^{P, S} Crossword Puzzle ^{C, S}	100 or Bust ^{P, S} Word Cookie ^{C, S}	Hangman ^{C, S} One on one projects ^{Pr.}	Hungry Hungry Hippos ^{P, S, C} One on one projects ^{Pr.}	Price is Right ^{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.}	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	Music Time ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Life Stories ^{C, S} Card Game ^{C, S}	Exercise ^{P, S} Connect 4 ^{P, S}	Regular Exercise ^{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.}	Sing along ^{S, C} Family Feud ^{C, S}	Best 10 ^{S, C} Pictionary ^{C, S}	Spin the Wheel ^{S, C} Nerf Tower ^{S, C, P}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Penny Ante ^{S, C} Left Right Center ^{C, S}	Conversation Ball ^{R, S} One on one projects ^{Pr.}	Card Game/ Trivia ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

February is...

- Chinese New Year
- National Heart Month
- National Bird Feeding Month
- National Black History Month
- National Weddings Month
- National Embroidery 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