



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	Morning News Hour/ Participants Choice: Word search/Crossword National Cold Cuts Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda!
10:00-10:45	Bean Bag Toss ^{P, S, C} One on one projects ^{Pr.}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} Exercise ^{P, S}	Bowling ^{P, S} One on one projects ^{Pr.}	Chimes ^{C, S, P} One on one projects ^{Pr.}
10:55-11:40	Story Writing ^{C, S} Crossword Puzzle ^{S, C}	Deli Meat Themed Hangman ^{S, C} One on one projects ^{Pr.}	Jeopardy ^{C, S} Best 10 ^{S, C}	Spring A to Z ^{S, C} One on one projects ^{Pr.}	Wheel of Fortune ^{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	Word Chart ^{C, S} 100 Or Bust ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Life Stories ^{C, S} Instrument Art & Craft ^{C, S}	Hungry Hungry Hippos ^{P, S, C} Connect 4 ^{P, S}	Pool Noddle Baseball ^{P, S, C} Drum Circle ^{P, S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Bingo Game ^{S, C} One on one projects ^{Pr.}	Nerf Tower Conversation ^{C, S, P} One on one projects ^{Pr.}	Bird Bingo ^{S, C} Card Game ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Hedbanz ^{S, C} Old Time Conversation ^{S, C}	Penny Ante ^{S, C} One on one projects ^{Pr.}	Family Feud ^{C, S} One on one projects ^{Pr.}	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 Daylight Saving Time Begins	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Johnny Appleseed Day	Morning News Hour/ Participants Choice: Word search/Crossword National Plant a Flower Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Margy! Happy Birthday Shannon (14th)!
10:00-10:45	Bean Bag Fishing ^{S, C} One on one projects ^{Pr.}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} Exercise ^{P, S}	Art and Craft: Flower Potting ^{S, C} One on one projects ^{Pr.}	Word Chart ^{S, C} Chimes ^{P, S, C}
10:55-11:40	Spin the Wheel ^{C, S} Crossword Puzzle ^{S, C}	Best 10 ^{S, C} One on one projects ^{Pr.}	Hedbanz ^{S, C} Family Feud ^{S, C}	Wheel of Fortune ^{S, C} Petals of Strength ^{S, C}	Big Words Small Words ^{C, S} Tic Tac Toe Toss ^{P, 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}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo Game ^{C, S} One on one projects ^{Pr.}	Rainbow Board ^{P, S, C} Hungry Hungry Hippos ^{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.}	Table Hockey ^{P, C} Target Toss ^{Pr.}	Lawn Darts ^{C, S} Jeopardy ^{C, S}	Chair Volleyball ^{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.}	Card Game ^{C, S} One on one projects ^{Pr.}	Penny Ante ^{S, C} One on one projects ^{Pr.}	Left Right Center ^{C, P, S} Farkle ^{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 National Panda Day	Morning News Hour/ Participants Choice: Word search/Crossword St. Patrick's Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Backyard Day	Morning News Hour/ Participants Choice: Word search/Crossword First Day of Spring
10:00-10:45	Panda Trivia Toss ^{S, C} One on one projects ^{Pr.}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} Exercise ^{P, S}	Target Toss ^{C, P} Pool Noodle Drop ^{P, S, C}	Q-Tip Flower Art and Craft ^{S, C} One on one projects ^{Pr.}
10:55-11:40	Jeopardy ^{C, S} One on one projects ^{Pr.}	Spoon Catapult ^{C, S, P} Marble Racing ^{P, S}	Pool Noodle Drop ^{C, S, P} Connect 4 ^{S, C}	Word Chart ^{C, S} One on one projects ^{Pr.}	Spring A to Z ^{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	Regular Exercise ^{P, S} Cycling ^{P, S}	Cup Bulldozer ^{P, S} One on one projects ^{Pr.}	Life Stories ^{C, S} Uno Game ^{C, S}	Which Came First? ^{C, S} One on one projects ^{Pr.}	Rainbow Toss ^{P, S, C} Shuffleboard ^{S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Rainbow Pot Art and Craft ^{S, C} One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	100 or Bust ^{P, S, C} Bible Trivia ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Family Feud ^{S, C} One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Spin the Wheel ^{C, 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 Puppy Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Little Red Wagon Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Mary!
10:00-10:45	Marble Racing Conversation ^{S, C} One on one projects ^{Pr.}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} Exercise ^{P, S}	Chimes ^{P, S, C} One on one projects ^{Pr.}	Jeopardy ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Dog Breed Hangman ^{C, S} One on one projects ^{Pr.}	Best 10 ^{S, C} Balloon Toss ^{C, S}	Hangman ^{C, S} Hedbanz ^{S, C}	Chair Volleyball ^{P, S} Table Hockey ^{P, C}	Karaoke ^{P, S} Wheel of Fortune ^{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}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{C, S} Game of Choice ^{S, C}	Noodle Baseball ^{C, S} One on one projects ^{Pr.}	Hungry Hungry Hippos ^{P, 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.}	Name That Tune ^{S, C} One on one projects ^{Pr.}	Big Words Small Words ^{C, S} Balloon Crash ^{S, C}	Noodle Stack Race ^{S, C, P} 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.}	Card Matching Game ^{S, C} Dice Conversation ^{S, C}	Penny Ante ^{S, C} Left Right Center ^{S, C}	Family Feud ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	30	31			
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Pencil Day	Morning News Hour/ Participants Choice: Word search/Crossword National Tater Day			
10:00-10:45	Price is Right ^{C, S} One on one projects ^{Pr.}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}			
10:55-11:40	Crossword Puzzle ^{C, S} Target Toss ^{P, S}	Balloon Toss ^{C, S} Hedbanz ^{S, C}			
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}			
2:00-2:45	Chair Volleyball ^{P, S} Word Chart ^{C, S}	Bingo Game ^{S, C} One on one projects ^{Pr.}			
3:00	Refreshments	Refreshments			
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Spin the Wheel ^{S, C} Tic Tac Toe Toss ^{P, S}			
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	100 or Bust ^{P, S} Conversation Ball ^{P, S, C}			

*Alternative activities will be offered as requested

March is...

- National Women's History Month
- National Peanut Month
- National Craft Month
- Red Cross Month
- Developmental Disabilities Awareness Month
- National Brain Injury Awareness 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