



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
9:00-9:45			Morning News Hour/ Participants Choice: Word search/Crossword April Fools' Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Patty!	Morning News Hour/ Participants Choice: Word search/Crossword Good Friday/ Happy Easter!
10:00-10:45			Intergenerational ^{Pr, S, C} Exercise ^{P, S}	Easter Egg Suncatcher Craft ^{C, S, P} One on one projects ^{Pr.}	Bird Feeder Craft ^{C, S} One on one projects ^{Pr.}
10:55-11:40			Best 10 ^{S, C} Spin the Wheel ^{C, S}	Word Chart ^{S, C} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{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.}
2:00-2:45			Life Stories ^{C, S} Card Game ^{S, C}	Hit the Balloon ^{P, S, C} One on one projects ^{Pr.}	Karaoke for Easter ^{C, S} Jeopardy ^{C, S}
3:00			Refreshments	Refreshments	Refreshments
3:30-4:00			Big Words Small Words ^{C, S} One on one projects ^{Pr.}	Bird Bingo ^{S, C} Connect 4 ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30			Penny Ante ^{S, C} Left Right Center ^{C, P, S}	Family Feud ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	6	7	8	9	10
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Caramel Popcorn Day	Morning News Hour/ Participants Choice: Word search/Crossword International Beaver Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Oliva!	Morning News Hour/ Participants Choice: Word search/Crossword National Unicorn Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Gardening: Flower Potting ^{S, C} One on one projects ^{Pr.}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr, S, C} Exercise ^{P, S}	Spoon Catapult ^{C, S, P} One on one projects ^{Pr.}	Drum Circle ^{S, C, P} Tic Tac Toe Toss ^{P, S}
10:55-11:40	Popcorn Toss ^{C, P, S} Crossword Puzzle ^{S, C}	Best 10 ^{S, C} Story Writing ^{S, C}	Word Chart ^{S, C} Family Feud ^{S, C}	Wheel of Fortune ^{S, C} One on one projects ^{Pr.}	Jeopardy ^{C, S} Big Words Small Words ^{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	Exercise ^{P, S} Chimes ^{P, S, C}	Regular Exercise ^{P, S} Cycling ^{P, S} Balloon Crash ^{P, S, C}	Bingo Game ^{C, S} One on one projects ^{Pr.}	100 Or Bust ^{P, S, C} Hungry Hungry Hippos ^{P, S} <small>* Flower Potting Make Up</small>	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.}	Number Recognition ^{P, C} Target Toss ^{Pr.}	Hangman ^{C, S} Lawn Darts ^{C, S, P}	Badminton balloon ^{S, P} 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 Matching Game ^{C, S} Relaxing Conversations ^{C, S}	Penny Ante ^{S, C} Hedbanz ^{S, C}	Left Right Center ^{C, P, S} Farkle ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	13	14	15	16	17
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Peach Cobbler Day	Morning News Hour/ Participants Choice: Word search/Crossword National Dolphin Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Orchid Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Katie (18th)!
10:00-10:45	Wheel of Fortune ^{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}	Jeopardy ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Chimes ^{S, C} One on one projects ^{Pr.}	Pool Noodle Drop ^{C, S, P} One on one projects ^{Pr.}	Name That Person ^{S, C} Connect 4 ^{S, C}	Word Chart ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{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} Shuffleboard ^{S, C}	Dolphin Spoon Catapult ^{C, S, P} One on one projects ^{Pr.}	Life Stories ^{C, S} Card Game ^{C, S}	Bowling Game ^{P, S} One on one projects ^{Pr.}	Hangman ^{C, S} Ring Toss ^{P, S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Cup Bulldozer ^{P, S} Animal A to Z ^{S, C}	Music with Michael ^{S, C} One on one projects ^{Pr.}	100 or Bust ^{P, S, C} 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} Left Right Center ^{C, P, S}	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.}
	20	21	22	23	24
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Look Alike Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Earth Day	Morning News Hour/ Participants Choice: Word search/Crossword National Picnic Day	Morning News Hour/ Participants Choice: Word search/Crossword
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} Earth Day Rock Painting ^{P, S}	Noodle Baseball ^{C, S} Design Your Own Hat ^{C, S}	Jeopardy ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Crossword Puzzle ^{C, S} One on one projects ^{Pr.}	Best 10 ^{S, C} Balloon Toss ^{C, S}	Hangman ^{C, S} Hedbanz ^{S, C}	Wheel of Fortune ^{C, S} One on one projects ^{Pr.}	Chimes ^{P, S, C} 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	Karaoke ^{P, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{C, S} Game of Choice ^{S, C}	Knock the Cups ^{P, S, C} 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.}	Piano & Ensemble ^{S, C} One on one projects ^{Pr.}	Big Words Small Words ^{C, S} Balloon Crash ^{S, C}	Noodle Stack Race ^{S, C, P} Bingo Game ^{C, 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.}

	27	28	29	30	
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Gummy Bear Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword International Dance Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Rachel!	
10:00-10:45	Gummy Bear Games ^{C, S} Target Toss ^{P, S}	Music Therapy Group ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} Karaoke ^{C, S}	Toilet Paper Wind Chime ^{C, S} One on one projects ^{Pr.}	
10:55-11:40	Word Chart ^{C, S} One on one projects ^{Pr.}	Balloon Toss ^{C, S} Hedbanz ^{S, C}	Wheel of Fortune ^{S, C} Pictionary ^{S, C}	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.}	
2:00-2:45	Chair Volleyball ^{P, S} Shuffleboard ^{S, C}	Food A to Z ^{S, C} Pictionary ^{S, C}	Life Stories ^{C, S} Card Game ^{C, S}	Bingo Game ^{S, C} One on one projects ^{Pr.}	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Tic Tac Toe Toss ^{P, S} 100 or Bust ^{P, S}	Best 10 ^{S, C} Ring Toss ^{P, S}	Table Hockey ^{S, C, P} Connect 4 ^{C, S}	
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Spin the Wheel ^{S, C} One on one projects ^{Pr.}	Conversation Ball ^{P, S, C} One on one projects ^{Pr.}	True or False Toss ^{S, C, P} Family Feud ^{C, S}	

*Alternative activities will be offered as requested

April is...

- Parkinson's Awareness Month
- National Month of Hope
- National Volunteer Month
- Occupational Therapy Month
- Straw Hat Month
- National Garden Month

<p><u>Personal Workshop</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Reminisce</p> <p>Coloring</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Music & Memory</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants daily*</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind & Body): Chair Yoga Core Focus: Chair Pilates</p> <p>Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
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Offered throughout the day to ensure person centered care