




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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<b>1</b>
9:00-9:45					<b>Happy Apple Blossom! We are closed.</b>
10:00-10:45					
10:55-11:40					
12:00-1:55					
2:00-2:45					
3:00					
3:30-4:00					
4:00-4:30					
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Bird Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Cinco De Mayo</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Nurses Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Mother's Day (10th)!</b>
10:00-10:45	Bird Bingo <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Cinco De Mayo Craft <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> Exercise <sup>P, S</sup>	Factory Line <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Beauty Workshop with Laurie <sup>S, R</sup> Choice of Game <sup>S, C</sup>
10:55-11:40	Bird Nest Making <sup>C, P, S</sup> Bird Origami <sup>C, P, S</sup>	Mexico color fun <sup>S, C</sup> Story Writing <sup>S, C</sup>	Word Chart <sup>S, C</sup> Hedbanz <sup>S, C</sup>	Wheel of Fortune <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Jeopardy <sup>C, S</sup> Big Words Small Words <sup>C, 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	Music Therapy Group <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bingo Game <sup>C, S</sup> One on one projects <sup>Pr.</sup>	100 Or Bust <sup>P, S, C</sup> Pictionary <sup>S, C</sup>	Mother's Day Art & Craft: Corsage <sup>S, C</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Knock the Cups <sup>P, S, C</sup> One on one projects <sup>Pr.</sup>	Hangman <sup>C, S</sup> Lawn Darts <sup>C, S, P</sup>	Badminton balloon <sup>S, P</sup> Life Stories <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Card Matching Game <sup>C, S</sup> Spin the Wheel <sup>S, C</sup>	Penny Ante <sup>S, C</sup> Spoon Catapult <sup>C, S, P</sup>	Left Right Center <sup>C, P, S</sup> Family Feud <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	11	12	13	14	15
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Train Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Frog Jumping Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Dance Like A Chicken Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Table Hockey <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Name That Person <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> Frog Origami <sup>C, S</sup>	Karaoke & Dance <sup>P, S</sup> Pool Noodle Drop <sup>P, S, C</sup>	Jeopardy <sup>C, S</sup> One on one projects <sup>Pr.</sup>
10:55-11:40	Wheel of Fortune <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Pool Noodle Drop <sup>C, S, P</sup> One on one projects <sup>Pr.</sup>	Word Chart <sup>C, S</sup> Connect 4 <sup>S, C</sup>	Hangman <sup>C, S</sup> Animal A to Z <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <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	Music Therapy Group <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Spoon Catapult <sup>C, S, P</sup> 100 or Bust <sup>P, S, C</sup>	Life Stories <sup>C, S</sup> Choice of Games <sup>C, S</sup>	Bowling Game <sup>P, S</sup> Target Toss <sup>C, P</sup>	Word Scramble <sup>S, C</sup> Ring Toss <sup>P, S, C</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Cup Bulldozer <sup>P, S</sup> Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Music with Michael <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Bingo <sup>S, C</sup> Trivia <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Monday Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Family Feud <sup>S, C</sup> Left Right Center <sup>C, P, S</sup>	Music with Michael <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Spin the Wheel <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	18	19	20	21	22
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>International Museum Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>World Bee Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>World Day for Cultural Diversity</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Margaret!</b>
10:00-10:45	Karaoke <sup>P, S</sup> One on one projects <sup>Pr.</sup>	Basket Toss Conversation <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> Bee Rock painting <sup>S, C</sup>	Jeopardy <sup>C, S</sup> Crossword Puzzle <sup>C, S</sup>	Noodle Baseball <sup>C, S</sup> Chimes <sup>C, S</sup>
10:55-11:40	Story Writing <sup>S, C</sup> Bean Bag Toss <sup>S, C</sup>	Teamwork Tube <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Hangman <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Wheel of Fortune <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Memorial Day's Craft: Flag <sup>S, C</sup> One on one projects <sup>Pr.</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	Music Therapy Group <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bingo <sup>C, S</sup> Game of Choice <sup>S, C</sup>	Knock the Cups <sup>P, S, C</sup> Balloon Crash <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee <sup>R</sup> : Night at the Museum One on one projects <sup>Pr.</sup>	Piano & Ensemble <sup>S, C</sup> Best 10 <sup>C, S</sup>	Big Words Small Words <sup>C, S</sup> Pictionary <sup>S, C</sup> / Trivia <sup>S, C</sup>	Bingo Game <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Monday Movie Matinee <sup>R</sup> : Night at the Museum One on one projects <sup>Pr.</sup>	Card Matching Game <sup>S, C</sup> Dice Conversation <sup>S, C</sup>	Penny Ante <sup>S, C</sup> Left Right Center <sup>S, C</sup>	Family Feud <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	25	26	27	28	29
9:00-9:45	<b>Happy Memorial Day! We are closed.</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Paper Airplane Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Grape Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Health and Fitness Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Paperclip Day</b>
10:00-10:45		Music Therapy Group <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Intergenerational <sup>Pr., S, C</sup> Karaoke <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup>
10:55-11:40		Dice Conversation <sup>S, C</sup> Hedbanz <sup>S, C</sup>	Hangman <sup>S, C</sup> Pictionary <sup>S, C</sup>	Chimes <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <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>
2:00-2:45		Table Hockey <sup>S, C, P</sup> Origami paper airplane & race <sup>S, C</sup>	Life Stories <sup>C, S</sup> Choice of Games <sup>C, S</sup>	Art & Craft <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Jeopardy <sup>C, S</sup> One on one projects <sup>Pr.</sup>
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Wheel of Fortune <sup>P, S</sup> Shuffleboard <sup>S, C</sup>	Best 10 <sup>S, C</sup> Ring Toss <sup>P, S</sup>	True or False Toss <sup>S, C, P</sup> Connect 4 <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30		Spin the Wheel <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Trivia/ Conversation Ball <sup>P, S, C</sup> One on one projects <sup>Pr.</sup>	100 or Bust <sup>P, S</sup> Family Feud <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

\*Alternative activities will be offered as requested

May is...

- National Mental Health Awareness Month
- National Hamburger Month
- National Military Appreciation Month

- International Drum Month
- National Chamber Music Month
- National Photography 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\*\*