



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Game Show Day	Morning News Hour/ Participants Choice: Word search/Crossword National Rocky Road Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Cheese Day	Morning News Hour/ Participants Choice: Word search/Crossword National Doughnut Day
10:00-10:45	Family Feud ^{C, S} True or False Toss ^{P, S, C.}	Big Word Small Word ^{C, S} One on one projects ^{Pr.}	Chimes ^{S, C} Exercise ^{P, S}	Exercise Bingo ^{P, S} One on one projects ^{Pr.}	Doughnut Art ^{C, S} Karaoke ^{P, S}
10:55-11:40	Jeopardy ^{C, S} One on one projects ^{Pr.}	Bean Bag Toss ^{P, S} One on one projects ^{Pr.}	Word Chart ^{S, C} Hedbanz ^{S, C}	Pictionary ^{S, C} Story Writing ^{S, C}	Dessert A to Z ^{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	Regular Exercise ^{P, S} Cycling ^{P, S}	Rock Painting ^{P, S} Hangman ^{P, S}	Life Stories ^{C, S} Dice Game ^{C, S}	Target Toss ^{C, P} Pool Noodle Drop ^{P, S, C}	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.}	Connect 4 ^{S, C} Spin the Wheel ^{S, C}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Bingo Game ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Left Right Center ^{C, P, S} Best 10 ^{C, S}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Card Matching Game ^{C, S} Hedbanz ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
	8	9	10	11	12
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Lyndsi!	Morning News Hour/ Participants Choice: Word search/Crossword National Donald Duck Day	Morning News Hour/ Participants Choice: Word search/Crossword National Ballpoint Pen Day	Morning News Hour/ Participants Choice: Word search/Crossword National Making Life Beautiful Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Bill (13th)! National Flag Day (14th)!
10:00-10:45	Name That Person ^{S, C} One on one projects ^{Pr.}	Bookmark making ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} Exercise ^{P, S}	Factory Line ^{S, C} Lawn Darts ^{S, C}	Flag Art & Craft ^{S, C} One on one projects ^{Pr.}
10:55-11:40	Bean Bag Toss (outdoor) ^{C, S} One on one projects ^{Pr.}	Target Toss (outdoor) ^{C, S} One on one projects ^{Pr.}	Hangman ^{P, S} Hedbanz ^{S, C}	Wheel of Fortune ^{S, C} Trivia ^{S, C}	Jeopardy ^{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}	Expressive Art ^{S, C} Choice of games ^{S, C} /Conversation ^{S, C}	Bingo Game ^{C, S} One on one projects ^{Pr.}	Bowling ^{S, C} Hungry Hungry Hippo ^{S, C}	Exercise Bingo ^{P, S} 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.}	Knock the Cups ^{P, S, C} Factory Line ^{S, C}	Word Chart ^{S, C} Pictionary ^{S, C}	Teamwork Tube ^{C, S} Connect 4 ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Family Feud ^{C, S} True or False Toss ^{P, S, C.}	100 Or Bust ^{S, C} Penny Ante ^{S, C}	Badminton balloon ^{S, P} Conversation Ball ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	15	16	17	18	19
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Nature Photography Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Mascot Day	Morning News Hour/ Participants Choice: Word search/Crossword National Go Fishing Day	Happy Juneteenth!
10:00-10:45	Wheel of Fortune ^{S, C} One on one projects ^{Pr.}	Music & Movement ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} Connect 4 ^{S, C}	Target Toss (Outdoor) ^{C, P} Pool Noodle Drop ^{P, S, C}	We are closed!
10:55-11:40	Chimes ^{S, C} One on one projects ^{Pr.}	Basket Toss Conversation ^{S, C} One on one projects ^{Pr.}	Name That Person ^{S, C} Origami ^{C, S}	Word Chart ^{C, S} Go Fish Game ^{P, S}	
12:00-1:55	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}	
2:00-2:45	Expressive Art ^{S, C} Art & Craft: Photo Frame ^{C, S, P}	Word Charts ^{C, S} Jeopardy ^{C, S}	Life Stories ^{C, S} Dice Game ^{C, S}	Father's Day Art & Craft Expressive Art ^{S, C}	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Cup Bulldozer ^{P, S} Best 10 ^{S, C} /100 or Bust ^{P, S, C}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Thursday Movie Matinee ^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.}	Thursday Movie Matinee ^R One on one projects ^{Pr.}	
	22	23	24	25	26
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Father's Day (21st)!	Morning News Hour/ Participants Choice: Word search/Crossword National Pink Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Catfish Day	Morning News Hour/ Participants Choice: Word search/Crossword National Coconut Day
10:00-10:45	Monday Music ^{S, C} One on one projects ^{Pr.}	Basket Toss Conversation ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} Regular Exercise ^{P, S}	Music & Movement ^{S, C} One on one projects ^{Pr.}	Jeopardy ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Crossword Puzzle ^{C, S} Best 10 ^{C, S}	Teamwork Tube ^{C, S} Balloon Toss ^{C, S}	Hangman ^{C, S} Hedbanz ^{S, C}	Wheel of Fortune (iPad) ^{C, S} One on one projects ^{Pr.}	Expressive Art ^{S, C} Sing a long (outdoor) ^{S, C}
12:00-1:55	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}
2:00-2:45	Karaoke ^{P, S} Expressive Art ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{C, S} Game of Choice ^{S, C}	Knock the Cups ^{P, S, C} Noodle Baseball ^{C, 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.}	Piano & Ensemble ^{S, C} One on one projects ^{Pr.}	Best 10 ^{C, S} Balloon Crash ^{S, C}	Table Hockey ^{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.}

	29	30			
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Camera Day	Morning News Hour/ Participants Choice: Word search/Crossword National Meteor Watch Day			
10:00-10:45	Music & Movement ^{C, S} One on one projects ^{Pr.}	Price is Right ^{C, S} One on one projects ^{Pr.}			
10:55-11:40	Crossword Puzzle ^{C, S} Wheel of Fortune ^{C, S}	Hangman ^{S, C} Hedbanz ^{S, C}			
12:00-1:55	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}	Lunch & Relaxation/ Rocking chair chatting (outdoor) One on one projects ^{Pr.}			
2:00-2:45	Bowling Game ^{S, C} One on one projects ^{Pr.}	Bean Bag Toss (Outdoor) ^{S, C} One on one projects ^{Pr.}			
3:00	Refreshments	Refreshments			
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	100 Or Bust ^{S, C} Connect 4 ^{S, C}			
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Spin the Wheel ^{S, C} One on one projects ^{Pr.}			

*Alternative activities will be offered as requested

<p>June is...</p> <ul style="list-style-type: none"> • National PTSD Awareness Month • National Safety Month • National Camping Month 	<ul style="list-style-type: none"> • Zoo and Aquarium Month • National Accordion Month • National Pollinators Month
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<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>**Offered throughout the day to ensure person centered care**</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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