

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 National Postal Worker Day	Morning News Hour/ Participants Choice: Word search/Crossword National Wildland Firefighter Day	Happy Independence Day! We are closed.
10:00-10:55			Intergenerational: Fireworks ^{Pr., S, C} Exercise ^{P, S}	Teamwork Tube ^{S, C} One on one projects ^{Pr.}	
11:00-11:45			Word Chart: JULY ^{S, C} Pictionary ^{S, C}	250 Years-old Birthday Card Making One on one projects ^{Pr.}	
12:00-1:55			Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	
2:00-2:55			Bingo Game ^{C, S} One on one projects ^{Pr.}	Karaoke ^{P, S} Drum Circle ^{S, C}	
3:00			Refreshments	Refreshments	
3:30-4:00			Best 10 ^{S, C} One on one projects ^{Pr.}	Thursday Movie Matinee ^R One on one projects ^{Pr.}	
4:00-4:30			Matching Game ^{S, C} One on one projects ^{Pr.}	Thursday Movie Matinee ^R One on one projects ^{Pr.}	
	6	7	8	9	10
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Fried Chicken Day	Morning News Hour/ Participants Choice: Word search/Crossword National Day of Rock n' Roll	Morning News Hour/ Participants Choice: Word search/Crossword National Freezer Pop Day	Morning News Hour/ Participants Choice: Word search/Crossword National Dimples Day	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day
10:00-10:55	Outdoor Bag Toss ^{P, S} One on one projects ^{Pr.}	Karaoke ^{S, C} Story Writing ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bean Bag Toss (Outdoor) ^{S, C} One on one projects ^{Pr.}	Kitten Art & Craft ^{S, R} Game of Choice ^{S, C}
11:00-11:45	Factory Line ^{C, P, S} Cycling ^{C, P, S}	Hangman: Rock n' Roll Musician ^{S, C} Pictionary ^{S, C}	Lawn Darts ^{S, C} Hedbanz ^{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.}
2:00-2:55	Word Chart ^{S, C} Family Feud ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo Game ^{C, S} One on one projects ^{Pr.}	100 Or Bust ^{P, S, C} Pictionary ^{S, C}	Table Hockey ^{S, C} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Knock the Cups ^{P, S, C} One on one projects ^{Pr.}	Spin the Wheel ^{S, C} Tuesday Movie Matinee ^R	Hangman ^{C, S} Nerf Tower ^{C, S, P}	Badminton balloon ^{S, P} Family Feud ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Card Matching Game ^{C, S} One on one projects ^{Pr.}	Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Penny Ante ^{S, C} Spoon Catapult ^{C, S, P}	Left Right Center ^{C, P, S} Life Stories ^{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	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day	Morning News Hour/ Participants Choice: Word search/Crossword National I Love Horse Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Lester!
10:00-10:55	Balloon Crash ^{S, C} One on one projects ^{Pr.}	Chimes ^{S, C} Animal A to Z ^{S, C}	Intergenerational ^{Pr., S, C} Trivia ^{C, S}	(Outdoor) Target Toss ^{C, P} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}
11:00-11:45	Expressive Art ^{R, S, C} One on one projects ^{Pr.}	Pool Noodle Drop ^{C, S, P} Origami ^{C, S}	Big Words Small Words ^{C, S} Horse Race ^{S, C}	Life Stories ^{C, S} Wheel of Fortune ^{S, C}	Jeopardy ^{C, S} Name That Person ^{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.}
2:00-2:55	Hangman ^{S, C} One on one projects ^{Pr.}	Spoon Catapult ^{C, S, P} Best 10 ^{S, C}	Bingo Game ^{C, S} One on one projects ^{Pr.}	Bowling Game ^{P, S} Shuffleboard ^{S, C}	Word Chart ^{C, S} Ring Toss ^{P, S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Life Stories ^{S, C} One on one projects ^{Pr.}	True or False Toss ^{S, C} Tuesday Movie Matinee ^R	Family Feud ^{S, C} Balloon Crash ^{C, S}	100 or Bust ^{P, S, C} Connect 4 ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Conversation Cards ^{S, C} One on one projects ^{Pr.}	Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Left Right Center ^{S, C} One on one projects ^{Pr.}	Spin the Wheel ^{C, S} Card Game ^{C, S}	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 Moon Day	Morning News Hour/ Participants Choice: Word search/Crossword National Junk Food Day	Morning News Hour/ Participants Choice: Word search/Crossword National Hammock Day	Morning News Hour/ Participants Choice: Word search/Crossword Gorgeous Grandma Day	Morning News Hour/ Participants Choice: Word search/Crossword National Amelia Earhart Day
10:00-10:55	True or False Toss ^{S, C} One on one projects ^{Pr.}	Basket Toss Conversation ^{S, C} Story Writing ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Jeopardy ^{C, S} One on one projects ^{Pr.}	Bowling ^{S, C} One on one projects ^{Pr.}
11:00-11:45	Crossword Puzzle ^{C, S} Best 10 ^{C, S}	Teamwork Tube ^{C, S} Bean Bag Toss ^{S, C}	Outdoor Lawn Darts ^{C, S} Hedbanz ^{S, C}	Wheel of Fortune ^{C, S} One on one projects ^{Pr.}	Hangman ^{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.}
2:00-2:55	Karaoke ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo Game ^{C, S} Game of Choice ^{S, C}	Knock the Cups ^{P, S, C} Balloon Toss ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Scattergories ^{S, C} One on one projects ^{Pr.}	Connect 4 ^{S, C} Tuesday Movie Matinee ^R	Music with Michael ^{S, C} One on one projects ^{Pr.}	Life Stories ^{C, S} Bingo Game ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Ring Toss ^{S, C} One on one projects ^{Pr.}	Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Family Feud ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	27	28	29	30	31
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Waterpark Day	Morning News Hour/ Participants Choice: Word search/Crossword National Chicken Wing Day	Morning News Hour/ Participants Choice: Word search/Crossword National Climb A Mountain Day	Morning News Hour/ Participants Choice: Word search/Crossword National Mutt Day
10:00-10:55	Table Volleyball ^{S, C, P} One on one projects ^{Pr.}	Which Came First ^{S, C} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	(Outdoor) Regular Exercise ^{P, S} Cycling ^{P, S}	Table Hockey ^{S, C, P} One on one projects ^{Pr.}
11:00-11:45	Wheel of Fortune ^{S, C} One on one projects ^{Pr.}	Dice Conversation ^{S, C} Hedbanz ^{S, C}	Hangman ^{S, C} Pictionary ^{S, C}	Jeopardy ^{C, S} /Art & Craft ^{C, S} 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.}
2:00-2:55	Balloon Crash ^{S, C} One on one projects ^{Pr.}	Connect 4 ^{S, C} One on one projects ^{Pr.}	Bingo Game ^{C, S} One on one projects ^{Pr.}	Bean Bag Toss ^{S, C} One on one projects ^{Pr.}	Word Chart ^{S, C} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Food A-Z ^{S, C} One on one projects ^{Pr.}	Shuffleboard ^{S, C} Tuesday Movie Matinee ^R	Ping Pong Trivia ^{S, C} Ring Toss ^{P, S}	100 or Bust ^{S, C} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Eye Know ^{S, C} One on one projects ^{Pr.}	Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Trivia/ Conversation Ball ^{P, S, C} One on one projects ^{Pr.}	Best 10 ^{C, S} Family Feud ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

July is...

- National Hot Dog Month
- National Picnic Month
- World Watercolor Month
- National Peach Month
- National Ice Cream Month
- National Grilling 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