



Adult Care Center of the Northern Shenandoah Valley, Inc.

2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Watermelon Day	Morning News Hour/ Participants Choice: Word search/Crossword National Coast Guard Day	Morning News Hour/ Participants Choice: Word search/Crossword National Oyster Day	Morning News Hour/ Participants Choice: Word search/Crossword National Root Beer Float Day	Morning News Hour/ Participants Choice: Word search/Crossword National Light House Day
10:00-10:55	Music & Movement ^{P, S} Cycling ^{P, S}	Which Came First ^{S, C} One on one projects ^{Pr.}	Intergenerational: Ocean Animal ^{Pr., S, C}	Teamwork Tube ^{S, C} Hangman ^{S, C}	Big Word Small Word: Beautiful Light House ^{S, C} One on one projects ^{Pr.}
11:00-11:45	Cup Toss Trivia ^{C, S, P} 100 or Bust ^{C, S, P}	Dice Conversation ^{S, C} Bean Bag Toss ^{C, S}	Word Chart: Oyster ^{S, C} Pictionary ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Art & Craft: Collage ^{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	Art & Craft: Watermelon ^{C, S} Hedbanz ^{S, C}	Drum Circle ^{S, C} Nerf Tower ^{S, C, P}	Bingo Game ^{C, S} One on one projects ^{Pr.}	Karaoke ^{C, P, S} Bible Trivia ^{S, C}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bowling Game ^{S, C} Ring Toss ^{P, S}	Shuffleboard ^{S, C} Tuesday Movie Matinee ^R	Best 10 ^{S, C} Connect 4 ^{P, S, C}	Wheel of Fortune ^{S, C} Lawn Darts ^{P, S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Family Feud ^{C, S} Bingo Game ^{C, S}	Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Matching Game ^{S, C} Spin the Wheel ^{S, C}	Penny Ante ^{S, C} Conversation Ball ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
	10	11	12	13	14
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Son's and Daughter's Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Roller Coaster Day	Morning News Hour/ Participants Choice: Word search/Crossword National Creamsicle Day
10:00-10:55	Chimes ^{S, C} Singing group ^{S, C}	Crossword Puzzle ^{S, C} Story Writing ^{S, C}	Intergenerational: Back to School ^{Pr., S, C}	Bean Bag Toss ^{S, C} Family Feud ^{S, C}	Table Hockey ^{S, R} Game of Choice ^{S, C}
11:00-11:45	Hangman ^{C, S} True or False Toss ^{C, P, S}	Wheel of Fortune ^{S, C} Hedbanz ^{S, C}	Summer A-Z ^{S, C} Pictionary ^{S, C}	Wheel of Fortune ^{S, C} One on one projects ^{Pr.}	100 Or Bust ^{P, S, C} Pictionary ^{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	Regular Exercise ^{P, S} Cycling ^{P, S}	Art & Craft: Rainbow Birdfeeder ^{S, C} One on one projects ^{Pr.}	Bingo Game ^{C, S} One on one projects ^{Pr.}	Balloon Crash ^{S, C, P} Connect 4 ^{P, S, C}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Knock the Cups ^{P, S, C} Chair Volleyball ^{P, S, C}	Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Badminton balloon ^{S, P} Life Stories ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Card Matching Game ^{C, S} Bird Bingo ^{C, S}	Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Spin the Wheel ^{S, C} Spoon Catapult ^{C, S, P}	Left Right Center ^{C, P, S} UNO Game ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	17	18	19	20	21
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Nonprofit Day	Morning News Hour/ Participants Choice: Word search/Crossword National Ice Cream Pie Day	Morning News Hour/ Participants Choice: Word search/Crossword National Potato Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Mary Lou!	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day
10:00-10:55	Bean Bag Toss ^{S, C} One on one projects ^{Pr.}	Food A to Z ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} Trivia ^{C, S}	Chimes ^{S, C} Wheel of Fortune ^{S, C}	Target Toss ^{S, C, P} One on one projects ^{Pr.}
11:00-11:45	Hangman ^{S, C} One on one projects ^{Pr.}	Pool Noodle Drop ^{C, S, P} 100 or Bust ^{P, S, C}	Big Words Small Words ^{C, S} One on one projects ^{Pr.}	Word Chart ^{C, S} Shuffleboard ^{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.}
2:00-2:55	Karaoke ^{S, C} One on one projects ^{Pr.}	Art & Craft: Ice Cream ^{C, S} Best 10 ^{S, C}	Bingo Game ^{C, S} Life Stories ^{C, S}	Bowling Game ^{P, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Spoon Catapult ^{C, S, P} Ring Toss ^{S, C, P}	True or False Toss ^{S, C} Tuesday Movie Matinee ^R	Music with Michael ^{S, C} One on one projects ^{Pr.}	Connect 4 ^{S, C} True or False Toss ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Bingo Game ^{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.}	Spin the Wheel ^{C, S} Card Game ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
	24	25	26	27	28
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Maryland Day	Morning News Hour/ Participants Choice: Word search/Crossword National Secondhand Wardrobe Day	Morning News Hour/ Participants Choice: Word search/Crossword National Dog Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Bow Tie Day
10:00-10:55	Crossword Puzzle ^{C, S} One on one projects ^{Pr.}	Basket Toss Conversation ^{S, C} Trivia ^{S, C}	Intergenerational ^{Pr., S, C} Hedbanz ^{S, C}	Noodle Baseball ^{C, S} One on one projects ^{Pr.}	Shuffleboard ^{S, C} One on one projects ^{Pr.}
11:00-11:45	Wheel of Fortune ^{C, S} One on one projects ^{Pr.}	Teamwork Tube ^{C, S} Chimes ^{S, C}	Hangman ^{C, S} Best 10 ^{C, S}	Word Chart ^{C, S} One on one projects ^{Pr.}	Art & Craft ^{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	Target Toss ^{S, C} 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} Nerf Tower ^{S, C, P}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Connect 4 ^{S, C} One on one projects ^{Pr.}	Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Karaoke ^{C, S} One on one projects ^{Pr.}	Piano and Ensemble ^{S, C, P} Balloon Toss ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Bingo Game ^{S, C} One on one projects ^{Pr.}	Tuesday Movie Matinee ^R One on one projects ^{Pr.}	Tic-Tac-Toe Toss ^{S, C} One on one projects ^{Pr.}	Family Feud ^{R, S} Game of Choice ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

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9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Beach Day				
10:00-10:55	Shuffleboard ^{S, C} One on one projects ^{Pr.}				
11:00-11:45	Price is Right ^{C, S} One on one projects ^{Pr.}				
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}				
2:00-2:55	Balloon Crash ^{S, C} Connect 4 ^{C, S}				
3:00	Refreshments				
3:30-4:00	Hangman ^{S, C} One on one projects ^{Pr.}				
4:00-4:30	Penny Ante ^{S, C} One on one projects ^{Pr.}				

*Alternative activities will be offered as requested

August is...

- National Golf Month
- National Wellness Month
- National Back to School Month
- National Dog Month
- International Peace Month
- Happiness Happens 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