



Adult Care Center of the Northern Shenandoah Valley, Inc.

2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
9:00-9:45		Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Blueberry Popsicle Day	Morning News Hour/ Participants Choice: Word search/Crossword U.S. Bowling League Day	Morning News Hour/ Participants Choice: Word search/Crossword National Wildlife Day
10:00-10:55		Chimes ^{S, C} One on one projects ^{Pr.}	Intergenerational: Fruit ^{Pr., S, C} Guess the song and sing ^{S, C}	Bible Trivia ^{S, C} Hangman ^{S, C}	Big Word Small Word ^{S, C} Movement with Music ^{P, S}
11:00-11:45		Outdoor Bean Bag Toss ^{C, S} One on one projects ^{Pr.}	Word Chart: Fruit ^{S, C} Art & Craft: Pineapple Pinecone ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	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.}
2:00-2:55		Expressive Art ^{S, C} One on one projects ^{Pr.}	Bingo Game ^{C, S} Game of Choice ^{S, C}	Bowling Game ^{C, P, S} Pictionary ^{S, C}	Karaoke ^{C, S} One on one projects ^{Pr.}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Best 10 ^{S, C} Connect 4 ^{P, S, C}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Wheel of Fortune ^{S, C} Lawn Darts ^{P, S, C}	Basketball Toss ^{S, C} One on one projects ^{Pr.}
4:00-4:30		Matching Game ^{S, C} Spin the Wheel ^{S, C}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Penny Ante ^{S, C} Conversation Ball ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
	7	8	9	10	11
9:00-9:45	Happy Labor Day! We are closed!	Morning News Hour/ Participants Choice: Word search/Crossword Star Trek Day	Morning News Hour/ Participants Choice: Word search/Crossword Care Bears Share Your Care Day	Morning News Hour/ Participants Choice: Word search/Crossword National School Picture Day	Morning News Hour/ Participants Choice: Word search/Crossword Patriot Day
10:00-10:55		Chimes ^{S, C} Story Writing ^{S, C}	Intergenerational: Kindness ^{Pr., S, C} Exercise ^{P, S}	Bean Bag Toss ^{S, C} Family Feud ^{S, C}	Table Hockey ^{S, R} Hangman ^{S, C}
11:00-11:45		Best 10 ^{S, C} Hedbanz ^{S, C}	Wheel of Fortune ^{S, C} Pictionary ^{S, C}	Wheel of Fortune ^{S, C} Art & Craft: Popsicle Picture Frame ^{S, C}	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.}
2:00-2:55		Expressive Art ^{S, C} One on one projects ^{Pr.}	Bingo Game ^{C, S} Game of Choice ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Balloon Crash ^{S, C, P} Connect 4 ^{P, S, C}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Badminton balloon ^{S, P} Penny Ante ^{S, C}	Life Stories ^{S, C} Game of Choice ^{S, C}
4:00-4:30		Spin the Wheel ^{S, C} Spoon Catapult ^{C, S, P}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Left Right Center ^{C, P, S} UNO Game ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	14	15	16	17	18
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Virginia Day	Morning News Hour/ Participants Choice: Word search/Crossword National Felt Hat Day	Morning News Hour/ Participants Choice: Word search/Crossword Mayflower Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Cheeseburger Day
10:00-10:55	Bean Bag Toss ^{S, C} One on one projects ^{Pr.}	Chimes ^{S, C} One on one projects ^{Pr.}	Intergenerational: Ocean Fun ^{Pr., S, C} Trivia ^{C, S}	Shuffleboard ^{S, C} One on one projects ^{Pr.}	Target Toss ^{S, C, P} One on one projects ^{Pr.}
11:00-11:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Pool Noodle Drop ^{C, S, P} 100 or Bust ^{P, S, C}	Big Words Small Words ^{C, S} Word Cookie ^{S, C}	Wheel of Fortune ^{S, C} One on one projects ^{Pr.}	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	Hangman about Virginia ^{S, C} One on one projects ^{Pr.}	Expressive Art ^{S, C} One on one projects ^{Pr.}	Bingo ^{C, S} Game of Choice ^{S, C}	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} Which Came First ^{S, C}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Connect 4 ^{S, C} One on one projects ^{Pr.}	Word Chart ^{C, S} One on one projects ^{Pr.}
4:00-4:30	Bingo Game ^{S, C} One on one projects ^{Pr.}	Karaoke ^{S, C} One on one projects ^{Pr.}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Spin the Wheel ^{C, S} Card Game ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
	21	22	23	24	25
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword World Alzheimer's Day	Morning News Hour/ Participants Choice: Word search/Crossword Autumnal Equinox (First day of Autumn)	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Annual Fall Carnival	Morning News Hour/ Participants Choice: Word search/Crossword National One-hit Wonder Day Happy Birthday, Anne!
10:00-10:55	Movement with Music ^{C, S} One on one projects ^{Pr.}	Chimes ^{S, C} One on one projects ^{Pr.}	Intergenerational: Fall ^{Pr., S, C} Hedbanz ^{S, C}	Fall Carnival ^{C, S} One on one projects ^{Pr.}	Karaoke ^{C, S} One on one projects ^{Pr.}
11:00-11:45	Word Chart ^{S, C} One on one projects ^{Pr.}	Wheel of Fortune ^{C, S} Shake a Memory ^{C, S}	Hangman ^{C, S} Pool Noodle Basketball ^{S, C}	Fall Carnival ^{C, S} One on one projects ^{Pr.}	Disco 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	Connect 4 ^{C, S} One on one projects ^{Pr.}	Expressive Art ^{S, C} One on one projects ^{Pr.}	Best 10 ^{C, S} Game of Choice ^{S, C}	Bingo ^{C, S} One on one projects ^{Pr.}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Target Toss ^{C, S} One on one projects ^{Pr.}	Teamwork Tube ^{C, S} Connect 4 ^{S, C}	Music with Michael ^R One on one projects ^{Pr.}	Fun Movie Time ^R One on one projects ^{Pr.}	Lawn Darts ^{P, S, C} One on one projects ^{Pr.}
4:00-4:30	Bingo Game ^{S, C} Family Feud ^{R, S}	Karaoke ^{C, S} One on one projects ^{Pr.}	Music with Michael ^R One on one projects ^{Pr.}	Fun Movie Time ^R One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	28	29	30		
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Family Day Happy Birthday, Brenda (26th)!	Morning News Hour/ Participants Choice: Word search/Crossword National Coffee Day	Morning News Hour/ Participants Choice: Word search/Crossword National Love People Day		
10:00-10:55	Dice Conversation ^{S, C} One on one projects ^{Pr.}	Chimes ^{S, C} Hedbanz ^{S, C}	Intergenerational: Love ^{Pr., S, C} Art & Craft: Love Bookmark ^{S, C}		
11:00-11:45	100 Or Bust ^{P, S, C} Balloon Toss ^{S, C}	Balloon Crash ^{S, C} Exercise ^{P, S}	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.}		
2:00-2:55	Hangman ^{C, S} One on one projects ^{Pr.}	Art & Craft: Ballerina Silhouette Coffee Filter Craft ^{S, C}	Best 10 ^{C, S} Game of Choice ^{S, C}		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Bingo Game ^{S, C} One on one projects ^{Pr.}	Lawn Darts ^{S, C} Trivia ^{S, C}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}		
4:00-4:30	Bingo Game ^{S, C} One on one projects ^{Pr.}	Penny Ante ^{S, C} Family Feud ^{S, C}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}		

*Alternative activities will be offered as requested

September is...

- National Self-Care Awareness Month
- National Potato Month
- Classical Music Month
- National Chicken Month
- National Honey Month
- National Piano 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