



Adult Care Center of the Northern Shenandoah Valley, Inc.

2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
9:00-9:45				Morning News Hour/ Participants Choice: Word search/Crossword National Pumpkin Spice Day	Morning News Hour/ Participants Choice: Word search/Crossword National Body Language Day
10:00-10:55				Exercise Bingo ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
11:00-11:45				Bible Trivia ^{S, C} Hangman ^{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.}
2:00-2:55				Karaoke ^{C, S} Pictionary ^{S, C}	Bowling Game ^{C, P, S} One on one projects ^{Pr.}
3:00				Refreshments	Refreshments
3:30-4:00				Wheel of Fortune ^{S, C} Lawn Darts ^{P, S, C}	A to Z Game ^{S, C} One on one projects ^{Pr.}
4:00-4:30				Penny Ante ^{S, C} Conversation Ball ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
	5	6	7	8	9
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Do Something Nice Day	Morning News Hour/ Participants Choice: Word search/Crossword National Taco Day	Morning News Hour/ Participants Choice: Word search/Crossword National Inner Beauty Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Andy!	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:55	Bean Bag Toss ^{S, C} One on one projects ^{Pr.}	Chimes ^{S, C} Hedbanz ^{S, C}	Intergenerational: Kindness ^{Pr., S, C} Exercise ^{P, S}	Karaoke ^{C, S} Family Feud ^{S, C}	Table Hockey ^{S, R} One on one projects ^{Pr.}
11:00-11:45	Hangman: Positive ^{S, C} One on one projects ^{Pr.}	Best 10 ^{S, C} Story Writing ^{S, C}	Wheel of Fortune ^{S, C} Pictionary ^{S, C}	Word Charts ^{S, C} One on one projects ^{Pr.}	100 Or Bust ^{P, S, C} Word Scramble ^{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	Dice Exercise ^{S, C} One on one projects ^{Pr.}	Art and Crafts ^{S, C} One on one projects ^{Pr.}	Bingo Game ^{C, S} Game of Choice ^{S, C}	Art & Crafts: Handprint ^{S, C} Penny Ante ^{S, C}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Kick for Ding ^{C, S, P} Ring Toss ^{S, C, P}	Balloon Crash ^{S, C, P} Connect 4 ^{P, S, C}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Badminton balloon ^{S, P} Rainbow Board ^{S, C}	Hungry Hungry Hippos ^{S, C} Game of Choice ^{S, C}
4:00-4:30	Autumn Bingo ^{S, C} Family Feud ^{S, C} One on one projects ^{Pr.}	UNO Game ^{S, C} Spoon Catapult ^{C, S, P} One on one projects ^{Pr.}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Left Right Center ^{C, P, S} Spin the Wheel ^{S, C} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	12	13	14	15	16
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Columbus Day	Morning News Hour/ Participants Choice: Word search/Crossword National Train Your Brain Day	Morning News Hour/ Participants Choice: Word search/Crossword National Dessert Day	Morning News Hour/ Participants Choice: Word search/Crossword National I Love Lucy Day	Morning News Hour/ Participants Choice: Word search/Crossword National Boss's Day
10:00-10:55	Lawn Darts ^{S, C} One on one projects ^{Pr.}	Chimes ^{S, C} One on one projects ^{Pr.}	Intergenerational: Healthy Food ^{Pr., S, C} Basketball Toss ^{C, S}	Shuffleboard ^{S, C} One on one projects ^{Pr.}	Target Toss ^{S, C, P} Karaoke ^{C, S}
11:00-11:45	Word Chart: Ocean ^{S, C} One on one projects ^{Pr.}	Wheel of Fortune ^{S, C} Filling the Blank ^{S, C}	Big Words Small Words ^{C, S} Word Cookie ^{S, C}	Pool Noodle Drop ^{C, S, P} 100 or Bust ^{P, 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	Hangman: Columbus ^{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	Karaoke ^{C, S} Ring Toss ^{S, C}	Which Came First ^{S, C} One on one projects ^{Pr.}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Connect 4 ^{S, C} True or False Toss ^{S, C}	Best 10 ^{C, S} One on one projects ^{Pr.}
4:00-4:30	Bingo Game ^{S, C} One on one projects ^{Pr.}	Karaoke ^{S, C} Card Game ^{C, S} One on one projects ^{Pr.}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Spin the Wheel ^{C, S} Piano Playing ^{S, C, R} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	19	20	21	22	23
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Day on Writing	Morning News Hour/ Participants Choice: Word search/Crossword Back To the Future Day	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Day	Morning News Hour/ Participants Choice: Word search/Crossword National Reptile Awareness Day
10:00-10:55	Magic Broom ^{C, S} One on one projects ^{Pr.}	Chimes ^{S, C} One on one projects ^{Pr.}	Intergenerational: Time Travel ^{Pr., S, C} Hedbanz ^{S, C}	Teamwork Tube ^{C, S} One on one projects ^{Pr.}	Karaoke ^{C, S} One on one projects ^{Pr.}
11:00-11:45	Wheel of Fortune ^{S, C} One on one projects ^{Pr.}	Story Writing ^{C, S} Shake a Memory ^{C, S}	Word Chart: Travel ^{S, C} Pool Noodle Basketball ^{S, C}	Music Hangman ^{C, S} One on one projects ^{Pr.}	Animal/Reptile 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	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}	Art & Crafts: Yarn Apple ^{S, C} One on one projects ^{Pr.}	Bean Bag Toss ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Tic Tac Toe Toss ^{C, S} One on one projects ^{Pr.}	Lawn Darts ^{S, C} One on one projects ^{Pr.}	Music with Michael ^R One on one projects ^{Pr.}	Bingo ^{C, S} One on one projects ^{Pr.}	Jeopardy ^{C, S} One on one projects ^{Pr.}
4:00-4:30	Bingo Game ^{S, C} Family Feud ^{R, S} One on one projects ^{Pr.}	Karaoke ^{C, S} One on one projects ^{Pr.}	Music with Michael ^R One on one projects ^{Pr.}	Spin the Wheel ^{C, S} Conversation ^{S, C} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	26	27	28	29	30
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Pumpkin Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Chocolate Day	Morning News Hour/ Participants Choice: Word search/Crossword National Cat Day	Morning News Hour/ Participants Choice: Word search/Crossword Wear your Halloween Costume
10:00-10:55	Dice Conversation ^{S, C} Pass The Pumpkin Right or Left ^{S, C}	Chimes ^{S, C} Hedbanz ^{S, C}	Intergenerational: Candy ^{Pr., S, C} Pictionary ^{S, C}	Price is Right ^{C, S} One on one projects ^{Pr.}	Singing with your Custom ^{S, C} One on one projects ^{Pr.}
11:00-11:45	100 Or Bust ^{P, S, C} Balloon Toss ^{S, C}	Balloon Crash ^{S, C} Exercise ^{P, S}	Candy Cone Toss ^{S, C} One on one projects ^{Pr.}	Word Chart: STRAW ^{C, S} One on one projects ^{Pr.}	Art & Crafts: Pipe Cleaner Spider ^{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	Pumpkin Painting ^{C, S} One on one projects ^{Pr.}	Art & Craft: Socks Pumpkin ^{S, C} One on one projects ^{Pr.}	Halloween Bingo Game ^{S, C} Game of Choice ^{S, C}	Expressive Art ^{S, C} One on one projects ^{Pr.}	Halloween Basket Ping Pong Toss ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Autumn 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.}	Best 10 ^{S, C} Connect 4 ^{P, S, C}	Halloween Hangman ^{S, C} One on one projects ^{Pr.}
4:00-4:30	Autumn Bingo Game ^{S, C} One on one projects ^{Pr.}	Penny Ante ^{S, C} Family Feud ^{S, C} One on one projects ^{Pr.}	Wednesday Movie Matinee ^R One on one projects ^{Pr.}	Board Game ^{S, C} Spin the Wheel ^{S, C} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

October is...

- Emotional Wellness Month
- Breast Cancer Awareness Month
- Global Diversity Awareness Month
- National Book Month
- National Pizza Month
- National Arts & Humanities 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