Adult Care Center of the NSV, Inc.

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	**3**	**4**	**5**	**6**
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword **Daylight Saving Time Ends**	Morning News Hour/ Participants Choice: Word search/Crossword **National Sandwich Day**	Morning News Hour/ Participants Choice: Word search/Crossword **National Candy Day**	Morning News Hour/ Participants Choice: Word search/Crossword **National Donut Day**	Morning News Hour/ Participants Choice: Word search/Crossword **National Jersey Friday**
10:00-10:55	Bean Bag Toss S, C One on one projects Pr.	Chimes S, C One on one projects Pr.	Intergenerational Pr., S, C Hedbanz S, C	Hangman S, C One on one projects Pr.	Horse Race C, P, S One on one projects Pr.
11:00-11:45	Word Chart: TIME S, C One on one projects Pr.	Story Writing S, C Word Scramble S, C	Best 10 S, C Pictionary S, C	Exercise Bingo P, S Cycling P, S	Sports 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.
2:00-2:55	Crossword Puzzle S, C Wheel of Fortune S, C	Jeopardy C, S One on one projects Pr.	Bingo Game C, S One on one projects Pr.	Karaoke C, S Pictionary S, C	Groups of Regular Exercise P, S Or Cycling P, S
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Cup Rolling Game S, C One on one projects Pr.	Indoor Golf C, S One on one projects Pr.	Wednesday Movie Matinee R One on one projects Pr.	Wheel of Fortune S, C Lawn Darts P. S. C	Nerf Tower S, C Spoon Catapult C, S, P
4:00-4:30	Bingo Game S, C One on one projects Pr.	Obie Game C, S Conversation Ball S, C	Wednesday Movie Matinee R One on one projects Pr.	Penny Ante S, C Jenga S, C	Friday Frolic R One on one projects Pr.
	9	**10**	**11**	**12**	**13**
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword **National Scrapple Day**	Morning News Hour/ Participants Choice: Word search/Crossword **National Vanilla Cupcake Day**	Morning News Hour/ Participants Choice: Word search/Crossword **Veterans Day**	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword **National Indian Pudding Day**
10:00-10:55	Singing Group S, C One on one projects Pr.	Chimes S, C Hedbanz S, C	Intergenerational Pr., S, C Exercise P, S	Karaoke C, S Family Feud S, C	Expressive Art S, C One on one projects Pr.
11:00-11:45	Which Came First 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.	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 S, C One on one projects Pr.	Best 10 S, C Ring Toss S, C, P	Bingo Game C, S Game of Choice S, C	Art & Crafts: Handprint S, C Penny Ante S, C	Table Hockey S, R Badminton balloon S, P
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Kick for Ding C, S, P Balloon Crash S, C, P	Connect 4 P, S, C Dice Exercise S, C	Wednesday Movie Matinee R One on one projects Pr.	100 Or Bust P, S, C Rainbow Board S, C	Hungry Hungry Hippos S, C Spin the Wheel S, C
4:00-4:30	Bingo S, C Family Feud S, C One on one projects Pr.	UNO C, S / Obie Game C, S One on one projects Pr.	Wednesday Movie Matinee R One on one projects Pr.	Left Right Center C, P, S Farkle S, C One on one projects Pr.	Friday Frolic R One on one projects Pr.

	16	17	18	19	20
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword **National Fast Food Day**	Morning News Hour/ Participants Choice: Word search/Crossword **National Take A Hike Day**	Morning News Hour/ Participants Choice: Word search/Crossword **Mickey Mouse Birthday**	Morning News Hour/ Participants Choice: Word search/Crossword **National Play Monopoly Day**	Morning News Hour/ Participants Choice: Word search/Crossword **National Child's Day**
10:00-10:55	Singing Group S, C One on one projects Pr.	Chimes S, C One on one projects Pr.	Intergenerational Pr., S, C Target Toss C, S	Shuffleboard S, C One on one projects Pr.	Expressive Art S, C One on one projects Pr.
11:00-11:45	Target Toss S, C Wheel of Fortune S, C	Word Chart: Hike S, C Filling the Blank S, C	Word Scramble S, C Big Words Small Words C, S	Karaoke C, S 100 or Bust P, S, C	Bean Bag Toss S, C, P Pool Noodle Drop C, S, P
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.	Which Came First S, C One on one projects Pr.	Bingo C, S Game of Choice S, C	Connect 4 S, C Bowling Game P. S	Groups of Regular Exercise P, S Or Cycling P, S
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Pool Noodle Drop C, S, P Ring Toss S, C	Art and Craft: Pinecone Turkey C, S One on one projects Pr.	Music with Michael R One on one projects Pr.	Table Hockey P. S True or False Toss S, C	Jeopardy C, S One on one projects Pr.
4:00-4:30	Bingo Game S, C One on one projects Pr.	UNO C, S /American Trivia C, S One on one projects Pr.	Music with Michael 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.
	23	**24**	**25**	**26**	**27**
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword **National Espresso Day**	Morning News Hour/ Participants Choice: Word search/Crossword **National Sardines Day**	Morning News Hour/ Participants Choice: Word search/Crossword **National Jukebox Day**	**Happy Thanksgiving! We are closed!**	**Happy Thanksgiving! We are closed!**
10:00-10:55	Singing Group S, C Bean Bag Toss S, C	Chimes S, C One on one projects Pr.	Intergenerational Pr., S, C Exercise P, S		
11:00-11:45	Hangman: Thanksgiving S, C One on one projects Pr.	Story Writing C, S Magic Broom C, S	Word Chart: Music S, C Hedbanz 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.		
2:00-2:55	Connect 4 C, S Pool Noodle Basketball S, C	Wheel of Fortune S, C One on one projects Pr.	Price is Right C. S Bingo Game S, C		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Table Tic Tac Toe Toss C, S One on one projects Pr.	Art & Craft: Thank You Card S, C Karaoke C, S	Wednesday Movie Matinee R One on one projects Pr.		
4:00-4:30	Bingo Game S, C One on one projects Pr.	Family Feud C, S One on one projects Pr.	Wednesday Movie Matinee R One on one projects Pr.		

	30				
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword **National Mason Jar Day**				
10:00-10:55	Singing Group [S, C] One on one projects [Pr.]				
11:00-11:45	100 Or Bust [P, S, C] Balloon Toss [S, C]				
12:00-1:55	Lunch & Relaxation/ One on one projects [Pr.]				
2:00-2:55	Mason Jar Craft [C, S] One on one projects [Pr.]				
3:00	Refreshments				
3:30-4:00	Hungry Hungry Hippo [S, C] One on one projects [Pr.]				
4:00-4:30	Bingo Game [S, C] One on one projects [Pr.]				

*Alternative activities will be offered as requested

November is…

- National Gratitude Month
- National Alzheimer's Disease Month
- National Hospice & Palliative Care Month
- National Family Literacy Month
- National Family Caregivers Month
- Long-term Care Awareness 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