







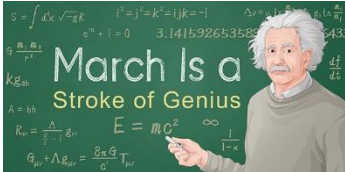
Adult Care Center of Roanoke Valley

Activity Calendar March 2024

MARCH



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals (See attached menu) 9:30 AM – Breakfast 12 Noon – Lunch 2:30 PM – Snack</p> <hr/> <p>Daily Alternative: Every day we have several activities available for our participants who would like to do something other than what is on the calendar. They include Person Centered Activities, Board Games, Checkers, Puzzles, Card Games, Small Crafts, and Coloring Page</p>	<p>The Caregiver's Support Group is held the 2nd Tuesday of every month! Save the date of Tuesday, March 12th 1:30 – 3 pm. Held at ACCRV Conference Room. Contact Pam Phipps if you have any questions.</p>			

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Monthly Gazette 11:00 March IQ and Birthday Poem 11:30 Exercise 1:00 Exercise 1:30 History of Peace Corps 2:00 Lion Day Info x 2 3:00 Fun Facts about Rio 3:30 Movie: The Lion King 5:00 Person Centered</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 What makes a Genius? 11:00 Soccer Exercises 11:30 Who Am I? 1:00 Balloon Volleyball Exercise 1:30 NBA Trivia 2:00 Mixed up fruits and veggies and Fresh Match 3:00 Movie: Space Jam 5:00 Person Centered</p>	<p>5</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Town Meeting Info 11:00 Hula Hoop Patented 11:30 Exercises 1:00 Music Therapy 2:00 Exercises 3:00 Card/Board Games 3:30 Let's talk about Hawaii 4:00 Movie: Soul Surfer 6:00 Person Centered</p>	<p>6</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Wiser Now Wednes. 11:00 Michelangelo Info 11:30 Exercise 1:00 Hot Potato Exercise 1:30 Remember the Alamo 2:00 BINGO 3:00 All about Umbrellas & Frozen Foods Mining 3:30 Oreo Fun 4:00 Movie: Crossroads 5:30 Person Centered</p>	<p>7</p> <p>10:00 Pledge Allegiance 10:05 Current events 10:30 Church Service 11:30 Exercise 12:30 National Cereal Day 1:00 Exercise 1:30 Lucky 7 Info 2:00 History of Plaid & PLAID category Game 3:00 Willard Scott Info 3:00 Nails 3:30 Cereals of the 60's 4:00 Movie: Kindergarten Cop 5:30 Person Centered</p>	<p>8</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Women's History Month Quiz 11:00 10 India Traditions 11:30 Noodle Ball Exercise 1:00 Exercise 1:30 Learning from Failure 2:00 BINGO 3:00 Funny Dog Names & 5 Stock Exchange Facts 3:30 Movie: Lady Driver 5:00 Person Centered</p>

Monday	Tuesday	Wednesday	Thursday	Friday
11	12	13	14	15
10:00 Pledge Allegiance 10:05 Current events 10:30 World Day of Muslim 10:45 Union Fun x 2 11:00 Benefits of Napping 11:30 Exercise 1:00 Exercise 1:30 Wheaties Athletes 2:00 Easy Pickins' Band! 3:00 Who am I? & What am I? 3:30 Movie: School of Rock 5:30 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 10:30 Rosie the Riveter & James Taylor BDay 11:00 "Sum" Punny Math Humor and Math Riddles 11:30 Exercise 1:00 Music Therapy 2:00 BINGO 3:00 Exercise 3:30 Movie: Jurassic Park 5:30 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 10:30 Vegetarian Mining 11:00 Elvis- record breaking 11:30 Exercise 1:00 Exercise 1:30 How to be a good Samaritan 2:00 K-9 Veterans Day 3:00 Earmuff Info and Military Women Info 3:30 Movie: A walk to remember 5:30 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 10:30 Church Service 11:30 Exercise 1:00 Saxy Keys 2:00 Exercise 3:00 Nails 3:00 Billy Crystal Facts 3:30 Who is Casey Jones? 4:00 Movie: My best friend's wedding 5:30 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 10:30 Brainweek 11:00 Fast Facts: George Crum and "CHIP" game 11:30 Exercise 1:00 Exercise 1:30 Cultural Depictions of spiders 2:00 Buzzards and Vultures 3:00 CRAFT games 3:30 Movie: Bruce Almighty 5:30 Person Centered
Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
10:00 Pledge Allegiance 10:05 Current Events 10:30 TRAIN categories 11:00 World Sleep Day 11:30 Congo Line Exercise 1:00 Exercise 1:30 Pillsbury Doughboy IQ 2:00 History of Buses 3:00 1 st Electric Razor 3:30 Movie: Fried Green Tomatoes 5:00 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 10:30 Bruce Willis Day 11:00 Poultry Quiz and Omelets 11:30 Seated Dance Exercise 1:00 Music Therapy 2:00 BINGO 2:30 Participant Council 3:00 Exercise 3:30 Movie: Parenthood 5:30 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 10:30 Mr. Rogers Fun Facts 11:00 10 keys to happier living 11:30 Exercise 1:00 Exercise 1:30 Holly Hunter BDay 2:00 Ravioli Fun Facts 3:00 Movie: Mamma Mia! 5:00 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 10:30 Church Service 11:30 Exercise 1:00 Exercises 1:30 BINGO 2:00 Tickling the ivories trivia 3:00 March EZ does it and Morel Adventures 3:30 Movie: The Flintstones 5:30 Person Centered	10:00 Pledge Allegiance 10:05 Marc Baskins 11:00 Humor uses 11:30 Exercise 1:00 Exercise 1:30 Cloudy with a chance of chuckles 2:00 The Lure of fishing and Who am I? 3:00 Track & Field with Talkin' Baseball too 3:30 Movie: Beethoven 5:30 Person Centered

<p style="text-align: right;">25</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 What am I? 11:00 BINGO 11:30 Exercise 1:00 Exercise 1:30 Lovell-y Day 2:00 Who am I? 3:00 Destination: New Jersey and Star of the Month 3:30 Math trivia and Modern Jeopardy 4:00 Movie: Shazam! 6:00 Person Centered</p>	<p style="text-align: right;">26</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Robert Frost Day 11:00 Diana Ross Day 11:30 Exercise 1:00 Keith Campbell 2:00 Exercise 3:00 Who's BDAY is it? 3:15 Epilepsy Facts 3:30 Movie: She's all that 5:30 Person Centered</p> <p style="text-align: center;">Wear Purple for Epilepsy Awareness Day!</p>	<p style="text-align: right;">27</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Country Music Word match & Country Mad Libs 11:30 Exercise 1:00 Music Therapy 2:00 BINGO 3:00 Exercise 3:30 Potomac Blossoms 4:00 Movie: Something's gotta give 6:00 Person Centered</p>	<p style="text-align: right;">28</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Church Service 11:00 Unexpected sources of Caffeine and 7 ways to wake up without coffee 11:30 Exercises 1:00 Exercises 1:30 7 ways to start your morning 2:00 Dandelion (weed) Appreciation 3:00 Nails 3:00 Maundy Thursday meaning 3:30 Movie: Feel the Beat 5:30 Person Centered</p>	<p style="text-align: right;">29</p> <p>10:00 Pledge 10:05 Current Events 10:30 What is Good Friday? & Good Friday around the world 11:00 BINGO 11:30 Exercise 1:00 Exercise 1:30 Stars who served in the Military 2:00 Planet Quiz 3:00 Movie: I can only imagine 5:00 Person centered</p>
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