

Adult Care Center of Roanoke Valley Activity Calendar



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| <p>The Caregiver's Support Group is held the second Tuesday of every month. Save Date of: Tues Jan 14th 1:30-3:00 p.m. ACCRV Conference Room</p> | <p style="text-align: center;">Meals (see attached menu) 9:30 – AM Snack 12 Noon – Lunch 2:30 PM – Snack</p> | <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 Board Games, Card Games, Small Crafts, and Coloring Pages.</p> | <p>NOTE: Please look through calendar for field trip permission slips. We have great trips planned and would like for you to attend!</p> | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | <p style="text-align: right;">1</p> <p style="text-align: center;"><i>Center Closed</i></p> | <p style="text-align: right;">2</p> <p>10:00 Morning Walk 10:30 Morning Workout 11:00 Reverend Glockner 1:00 Current Events 1:30 Ring Toss 2:00 Name That Tune 3:00 Exercises 3:30 What Am I? 4:00 Hot Potato 4:30 TV: Maverick</p> | <p style="text-align: right;">3</p> <p>**Crazy Hat Day</p> <p>10:00 Bingo/ History Lesson 10:30 Exercises 11:00 Marc Baskind 1:00 Movie 3:00 Current Events 3:30 Afternoon Exercises 4:00 Chinese New Year Match Up 4:30 TV: Monsters</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 6 | 7 | 8 | 9 | 10 |
| 10:00 Morning Walk 10:30 Exercises 11:00 Current Events 11:30 Parachute Game 1:00 Marie Anderson 2:00 January IQ 3:00 Zumba 3:30 Bean Bag Toss 4:00 Lets Chat 4:30 TV: I dream of Jeannie | 10:00 Bingo/Morning Chat 10:30 Outing: Bowling 11:00 Current Events 11:30 Morning work out 1:00 What Am I? 1:30 Bowling 2:00 Hangman/ Crafts 3:00 Exercises 3:30 Happy New Year Around The World 4:00 Trivia 4:30 TV: Gilligan's Island | 10:00: Morning Walk 10:30 Bible Study w/Rev. Poff 11:00 Current Events 11:30 Morning Exercises 1:00 Dance Class 2:00 Resolution Mining 3:00 Yoga w/Jeanni 3:30 Simon Say 4:00 Back to the 50s 4:30 TV: Family Matters | <i>**Crazy Sock Day</i> 10:00 Morning Walk 10:30 Senior Stretch 11:00 Rev. Glockner 1:00 Saxy Keys 3:00 Current Events 3:30 Exercises 4:00 Ball Toss 4:30 TV: Maverick | 10:00 Bingo/ History Lesson 11:00 Current Events 11:30 Seated Strength 1:00 Movie Afternoon 3:00 Chinese New Year Trivia 3:30 Exercises 4:00 Ball Toss 4:30 TV: Monsters |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 13 | 14 | 15 | 16 | 17 |
| 10:00 Morning Walk 10:30 SPCA Pet Therapy 11:00 Current Events 11:30 Morning Workout 1:00 Afternoon Bingo/ TV Time 2:00 Exercises/Crafts 3:00 New Year Pass It On 3:30 First Categories 4:00 Let's Talk 4:30 TV: I dream of Jeannie | 10:00 Bingo/Morning Chat 11:00 Current Events 11:30 Morning Exercises 1:00 Keith Campbell 1:30 Ratty Phrases 2:00 Horseshoes 3:00 Afternoon Workout 3:30 Noodle Ball 4:30 TV: Gilligan's Island | <i>**Blue Day</i> 10:00 Morning Walk 10:30 Outing: Scenic Drive & Lunch at CiCis/ Basketball 11:00 Current Events 11:30 Exercises 1:00 Jokes and Riddles 1:30 Bean Bag Tic Tac Toe 2:00 Funny Videos 3:00 Yoga w/Jeanni 3:30 Bean Bag Toss 4:00 Reminiscing 4:30 TV: TV: Family Matters | 10:00 Morning Walk 10:30 Exercises 11:00 Rev. Glockner 1:00 Current Events 1:30 Ping Pong Cup Toss 2:00 You Be The Judge 3:00 January Easy Does It Trivia 3:30 Afternoon Workout 4:00 Lesson on Tangrams 4:30 TV: Maverick | 10:00 Bingo/ History Lesson 11:00 Current Events 11:30 Exercises 1:00 Movie Afternoon 3:00 Golf 3:30 Exercises 4:00 Happy New Year Match 4:30 TV: Monsters |

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 20 | 21 | 22 | ** Pajama Day 23 | 24 |
| 10:00 Morning Walk 10:30 SPCA Pet Therapy 11:00 Current Events 11:30 Exercises 1:00 Balloon Volley Ball 2:00 Champagne Corks Mining 3:00 Zumba 3:30 Reminiscing 4:00 MLK Day Jumble 4:30 TV: I dream of Jeannie | 10:00 Bingo/Morning Chat 11:00 Current Events 11:30 Morning Workout 1:00 King Categories/ Bobby Woods 2:00 Seated Strength 3:00 Ring Toss 3:30 Martin Luther King Day Discussion 4:00 Name That Tune 4:30 TV: Gilligan's Island | 10:00 Morning Walk 10:30 Outing: Bowling/Basketball 11:00 Current Events 11:30 Morning Exercises 1:00 Mixed-Up Martin Luther King JR Day 1:30 Parachute Game 2:00 I Have A Dream Speech 3:00 Afternoon Workout 3:30 Noodle Ball 4:30 TV: Gilligan's Island | 10:00 Morning Walk 10:30 Senior Stretch 11:00 Rev. Glockner 1:00 Saxy Keys 3:00 Current Events 3:30 Exercises 4:00 Lets Chat 4:30 TV: Maverick | 10:00 Bingo/ History Lesson 11:00 Current Events 11:30 Exercises 1:00 Movie Afternoon 3:00 Horseshoes 3:30 Afternoon Seated Strength 4:00 Would You Rather 4:30 TV: Monsters |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 27 | 28 | 29 | 30 | 31 |
| 10:00 Morning Walk 10:30 Basketball 11:00 Current Events 11:30 Morning Workout 1:00 Balloon Volley Ball 2:00 Martin Luther King Alphabet Code 3:00 Zumba 3:30 Martin Luther King Quotes 4:00 Let's Talk 4:30 TV: I dream of Jeannie | 10:00 Bingo/Morning Chat 11:00 Current Events 11:30 Exercises 1:00 John Yates 2:00 Monthly Birthday Party 3:00 Afternoon workout 3:30 Winter Categories 4:00 Funny Videos 4:30 TV: Gilligan's Island | 10:00 Morning Walk 10:30 Ring Toss 11:00 Current Events 11:30 Morning Workout 1:00 Rag Top 2:00 Exercises 3:00 Martin Luther King Secret Quote 3:30 Ball Toss 4:00 Name That Tune 4:30 TV: I dream of Jeannie | 10:00 Morning Walk 10:30 Outing: Taubman Art Museum/ Name 3 11:00 Current Events 11:30 Morning Workout 1:00 Afternoon Bingo/History Lesson 2:00 Trivia 3:00 Afternoon Workout 3:30 Brown Bag 4:00 Dance Class 4:30 TV: I dream of Jeannie | 10:00 Bingo/History Lesson 10:30 Horse Races 11:00 Current Events 11:30 Exercises 1:00 Afternoon Movie 3:00 Dave The Magician 4:00 Would You Rather 4:30 TV: Gilligan's Island |

