

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: Mon Feb 10th 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
3	4	5	6	**Sports Day 7
<p>10:00 Parachute Game 11:00 Current Events 11:30 Morning Walk 1:00 Marie Anderson 2:30 Young In Sprit 3:30 Ground Hog Word Mining 4:00 Zumba 4:30 TV: The Jefferson's</p>	<p>10:00 – 11:00 Bingo 10:30 Morning Trivia 11:00 Current Events 11:30 Morning Stretch 1:00 Who Am I? 1:30 Bowling 2:00 Hangman/ Crafts 3:00 Exercises 3:30 African American Famous Firsts 4:00 Trivia</p>	<p>10:00 Valentines Crafts 11:00 Current Events 11:30 Morning Walk 1:00 Hibernation Mining 1:30 Ring Toss 2:00 Name That Tune 3:00 Yoga w/Jeanni 3:30 Ball Toss 4:00 Family Feud Game 4:30 TV: Cheers</p>	<p>10:00 Golf 10:30 Outing: Scenic Drive and Lunch at Golden Corral /Morning Workout 11:00 Reverend Glockner 1:00 Current Events 1:30 Dance Class 2:00 Draw n Guess 3:00 Afternoon stretch</p>	<p>10:00 – 11:00 Bingo 10:30 Exercises 11:00 Marc Baskind 1:00 Movie 3:00 Current Events 3:30 Afternoon Exercises 4:00 Name 3 4:30 TV: Happy Days</p>

	4:30 TV: The Brady Bunch		3:30 Forecasting Ground Hog Match Up 4:00 Hot Potato 4:30 TV: All In The Family	
Monday	Tuesday	Wednesday	Thursday	Friday
10	**Crazy Hair Day** 11	12	13	VALENTINES DAY 14
10:00 Current Events 10:30 Exercises 11:00 Council Meeting 11:30 Morning Walk 1:00 Story Of Ground Hog Day 1:30 Parachute Game 3:00 Zumba 3:30 Bean Bag Toss 4:00 Lets Chat 4:30 TV: The Jefferson's	10:00 – 11:00 Bingo 10:30 Morning Trivia 11:00 Current Events 11:30 Senior Stretches 1:00 Keith Campbell 2:00 Hangman/ Crafts 3:00 Exercises 3:30 February Trivia 4:00 Trivia 4:30 TV: The Brady Bunch	10:00: Basketball 10:30 Bible Study w/Rev. Poff 11:00 Current Events 11:30 Morning Walk 1:00 Dance Class 2:00 Romance Movies Guess The Title 3:00 Yoga w/Jeanni 3:30 Simon Say 4:00 Love Is In The Air Trivia 4:30 TV: Cheers	10:00 Mixed-Up Valentinesday 10:30 Outing: Bowling/ Senior Stretch 11:00 Rev. Glockner 1:00 Saxy Keys 3:00 Current Events 3:30 Exercises 4:00 Ball Toss 4:30 TV: All In The Family	10:00-11:00 Bingo 10:30 History Lesson 11:00 Current Events 11:30 Morning Walk 1:00 Cupids Shuffle Dance 3:00 From The Heart Match-Up 3:30 Exercises 4:00 Ball Toss 4:30 TV: Happy Days
Monday	Tuesday	Wednesday	Thursday	Friday
PRESIDENTS DAY 17	18	** Mismatch Day** 19	20	21
10:00 Darts 10:30 SPCA Pet Therapy 11:00 Current Events 11:30 Morning Walk 1:00 Afternoon Bingo/ TV Time 2:00 Exercises/Crafts 3:00 Presidential "Firsts" Trivia	10:00 – 11:00 Bingo 10:30 Morning Trivia 11:00 Current Events 11:30 Morning Workout 1:00 African American Trivia/Painting w/Bobby Woods 1:30 Horseshoes 2:00 George Washington Message 3:00 Afternoon Workout	10:00 What Am I? 10:30 Outing: Salem Museum/Basketball 11:00 Current Events 11:30 Morning Walk 1:00 Jokes and Riddles 1:30 Bean Bag Tic Tac Toe 2:00 Funny Videos	10:00 Hangman 10:30 Exercises 11:00 Rev. Glockner 1:00 Current Events 1:30 Golf 2:00 You Be The Judge 3:00 February IQ Trivia 3:30 Afternoon Workout 4:00 Famous African Americans- Who Am I?	10:00-11:00 Bingo 10:30 Family Feud Game 11:00 Current Events 11:30 Morning Walk 1:00 Movie Afternoon 3:00 Bowling 3:30 Exercises 4:00 Who Am I? 4:30 TV: Happy Days

3:30 Balloon Toss 4:00 Let's Talk 4:30 TV: The Jefferson's	3:30 Parks Categories 4:30 TV: The Brady Bunch	3:00 Yoga w/Jeanni 3:30 Presidents Day Mining 4:00 Reminiscing 4:30 TV: Cheers	4:30 TV: All In The Family	
Monday	Tuesday	Wednesday	Thursday	Friday
24	<i>MARDI GRAS DAY</i> 25	26	<i>** Pajama Day</i> 27	28
10:00 Noodle ball 10:30 Fat Tuesday Mining 11:00 Current Events 11:30 Morning Walk 1:00 Balloon Volley Ball 2:00 Mardi Gras Color or Not/ Crafts 3:00 Zumba 3:30 Reminiscing 4:00 Fat Tuesday Match Up 4:30 TV: The Jefferson's	10:00 – 11:00 Bingo 10:30 Morning Trivia 11:00 Current Events 11:30 Exercises 1:00 John Yates 2:00 Who Am I? 3:00 Afternoon Workout 3:30 Mardis Gras Secret Message 4:00 Name That Tune 4:30 TV: The Brady Bunch	10:00 First Ladies Trivia 10:30 Outing: Salem Drive Lunch at Franks/ Basketball 11:00 Current Events 11:30 Morning Walk 1:00 Ragtop/ Mardi Gras Party 3:00 Yoga w/Jeanni 3:30 Noodle Ball 4:30 TV: Cheers	10:00 Family Fude 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: All In The Family	10:00-11:00 Bingo 10:30 History Lesson 11:00 Current Events 11:30 Morning Walk 1:00 Movie Afternoon 3:00 Horseshoes 3:30 Afternoon Seated Strength 4:00 Would You Rather 4:30 TV: Happy Days