

# Adult Care Center of Roanoke Valley Activity Calendar 2020



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <p>The <b>Caregiver's Support Group</b> is held the second Tuesday of every month.<br/>Save Date of:<br/><b>Tuesday, April 14</b><br/><b>1:30-3:00 p.m.</b><br/>Held via teleconferencing!</p> | <p><b>Meals</b><br/>(see attached menu)<br/>9:30 – AM<br/>Breakfast Snack<br/>12 Noon – Lunch<br/>2:30 PM – Snack</p> | <p>Daily Alternative:<br/>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><b>NOTE: Please look through calendar for field trip permission slips. We have great trips planned and would like for you to attend!</b></p>   | <p style="text-align: center;"><b>Celebrating our Volunteers</b><br/><b>April 19-25<sup>th</sup></b></p> <p style="text-align: center;"><b>We appreciate their tireless support and dedication to our participants!</b></p>  |
| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|  |   | <p style="text-align: right;"><b>1</b></p> <p><b>10:00</b> Exercises<br/><b>10:30</b> Current Events<br/><b>11:00</b> Music Therapy<br/><b>1:00</b> A Fool's Dictionary Word Game<br/><b>1:30</b> Ring Toss<br/><b>2:00</b> Celebrating April Fool's Day</p> | <p style="text-align: right;"><b>2</b></p> <p><b>10:00</b> Golf<br/><b>10:30</b> <b>Outing: Scenic Drive &amp; Lunch</b><br/>/Morning Workout<br/><b>11:00</b> <b>Rev. Glockner</b><br/><b>1:00</b> Current Events<br/><b>1:30</b> Dance Class<br/><b>2:00</b> Draw n Guess</p> | <p style="text-align: right;"><b>3</b></p> <p><b>**Crazy Socks Day</b></p> <p><b>10:00 – 11:00</b> Bingo<br/><b>10:30</b> Exercises<br/><b>11:00</b> <b>Marc Baskind</b><br/><b>1:00</b> Movie<br/><b>3:00</b> Current Events<br/><b>3:30</b> Afternoon Exercises<br/><b>4:00</b> Name 3</p> |

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|  |   | <b>3:00 Yoga w/Jeanni</b><br><b>3:30 Ball Toss</b><br><b>4:00 Family Feud Game</b><br><b>4:30 TV: Threes Company</b>   | <b>3:00</b> Afternoon stretch<br><b>3:30</b> Funny Mix-up<br><b>4:00</b> Hot Potato<br><b>4:30</b> TV: Movie  | <b>4:30</b> TV: Adams Family   |
| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
| <b>6</b><br><b>10:00</b> Current Events<br><b>10:30</b> Exercises<br><b>11:00</b> Council Meeting<br><b>11:30</b> Morning Walk<br><b>1:00</b> Bean Bag Toss<br><b>1:30</b> Easter Secret Message<br><b>2:00</b> Zumba<br><b>3:00</b> Parachute Game<br><b>3:30</b> Fact or Foolery<br><b>4:00</b> Lets Chat<br><b>4:30</b> TV: Movie | <b>**Wacky Spring Shirt Day 7</b><br><b>10:00 – 11:00</b> Bingo<br><b>10:30</b> Morning Trivia<br><b>11:00</b> Current Events<br><b>11:30</b> Senior Stretches<br><b>1:00</b> Keith Campbell<br><b>2:00</b> Hangman/ Crafts<br><b>3:00</b> Exercises<br><b>3:30</b> Easter Pass It On<br><b>4:00</b> Trivia<br><b>4:30</b> TV: Petticoat Junction | <b>8</b><br><b>10:00:</b> Basketball<br><b>10:30</b> Bible Study w/Rev. Poff<br><b>11:00</b> Music Therapy<br><b>1:00</b> Current Events<br><b>2:00</b> Easter Word Jumble<br><b>3:00</b> Yoga w/Jeanni<br><b>3:30</b> Simon Says<br><b>4:00</b> Jeopardy<br><b>4:30</b> TV: Threes Company                | <b>9</b><br><b>10:00</b> Corn Hole<br><b>10:30</b> Senior Stretch<br><b>11:00</b> Rev. Glockner<br><b>1:00</b> Saxy Keys<br><b>3:00</b> Current Events<br><b>3:30</b> Exercises<br><b>4:00</b> Ball Toss<br><b>4:30</b> TV: Movie   | <b>10</b><br><b>10:00-11:00</b> Bingo<br><b>10:30</b> The Evolution of Easter Bunny<br><b>11:00</b> Current Events<br><b>11:30</b> Morning Walk<br><b>1:00</b> Afternoon Movie<br><b>3:00</b> Scrambled Eggs<br><b>3:30</b> Exercises<br><b>4:00</b> Ball Toss<br><b>4:30</b> TV: Adams Family |
| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
| <b>13</b><br><b>10:00</b> Darts<br><b>10:30</b> SPCA Pet Therapy<br><b>11:00</b> Current Events<br><b>11:30</b> Morning Walk<br><b>1:00</b> Afternoon Bingo/Lets Chat<br><b>2:00</b> Zumba/Crafts<br><b>3:00</b> April Fish<br><b>3:30</b> Balloon Toss<br><b>4:00</b> Let's Talk<br><b>4:30</b> TV: Movie                           | <b>**Yellow Day 14</b><br><b>10:00 – 11:00</b> Bingo<br><b>10:30</b> Morning Trivia<br><b>11:00</b> Current Events<br><b>11:30</b> Morning Workout<br><b>1:00</b> Easter Parade /Painting w/Bobby Woods<br><b>2:00</b> Earth Day Jeopardy<br><b>3:00</b> Afternoon Workout<br><b>3:30</b> Truth or Blarney<br><b>4:30</b> TV: Petticoat Junction  | <b>15</b><br><b>10:00</b> What Am I?<br><b>10:30</b> Current Events<br><b>11:00</b> Music Therapy<br><b>1:00</b> Meet Henry David Thoreau<br><b>2:00</b> Funny Videos<br><b>3:00</b> Yoga w/Jeanni<br><b>3:30</b> Earth Day Pass It on Puzzle<br><b>4:00</b> Reminiscing<br><b>4:30</b> TV: Threes Company | <b>16</b><br><b>10:00</b> Hangman<br><b>10:30</b> Exercises<br><b>11:00</b> Rev. Glockner<br><b>1:00</b> Current Events<br><b>1:30</b> Golf<br><b>2:00</b> You Be The Judge<br><b>3:00</b> Recycle, Reuse, Reduce Clues<br><b>3:30</b> Afternoon Workout<br><b>4:00</b> "Name That Name" Game | <b>17</b><br><b>10:00-11:00</b> Bingo<br><b>10:30</b> What One Is Wrong?<br><b>11:00</b> Current Events<br><b>11:30</b> Morning Walk<br><b>1:00</b> Movie Afternoon<br><b>3:00</b> Bowling<br><b>3:30</b> Exercises<br><b>4:00</b> Who Am I?<br><b>4:30</b> TV: Adams Family                   |

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|   |  |   | 4:30 TV: Movie   |  |
| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
| 20  | 21   | 22  | <b>** Rainbow Day</b><br>23  | 24   |
| 10:00 Noodle ball<br>10:30 Earth Day Secret Quote<br>11:00 Current Events<br>11:30 Morning Walk<br>1:00 Balloon Volley Ball<br>2:00 <b>Zumba</b><br>3:00<br>3:30 Reminiscing<br>4:00 Family Feud<br>4:30 TV: Movie  | 10:00 – 11:00 Bingo<br>10:30 Morning Trivia<br>11:00 Current Events<br>11:30 Exercises<br>1:00 <b>John Yates</b><br>2:00 What am I?<br>3:00 Afternoon Workout<br>3:30 March Categories<br>4:00 Name That Tune<br>4:30 TV: Petticoat Junction | 10:00 Basketball<br>10:30 <b>Outing: Bowling/</b><br>Current Events<br>11:00 <b>Music Therapy</b><br>11:30 Morning Walk<br>1:00 <b>Ragtop</b><br>3:00 <b>Yoga w/Jeanni</b><br>3:30 Noodle Ball<br>4:30 TV: Threes Company | 10:00 Name Favorite Flowers<br>10:30 Senior Stretch<br>11:00 <b>Rev. Glockner</b><br>1:00 <b>Saxy Keys</b><br>3:00 Current Events<br>3:30 Exercises<br>4:00 Lets Chat<br>4:30 TV: Movie      | 10:00-11:00 Bingo<br>10:30 Arbor Day Discussion<br>11:00 Current Events<br>11:30 Morning Walk<br>1:00 Movie Afternoon<br>3:00 Horseshoes<br>3:30 Afternoon Seated Strength<br>4:00 Would You Rather<br>4:30 TV: Adams Family |
| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
| 27  | 28   | <b>International Dance</b><br><b>Day</b><br>29  | 30   |  |
| 10:00 What am I?<br>10:30 <b>Outing: Duck Pond Lunch and Burger King /Golf</b><br>11:00 Current Events<br>11:30 Morning Walk<br>1:00 Ring Toss<br>1:30 You Be The Judge<br>2:00 <b>Zumba</b><br>3:00 Badge Categories<br>3:30 Forest Funnies<br>4:00 Name 3<br>4:30 TV: Movie | 10:00 – 11:00 Bingo<br>10:30 Rhyming Trees<br>11:00 Current Events<br>11:30 Exercises<br>1:00 Group Noodle Ball<br>2:00 Trees by Joyce Kilmer<br>3:00 Afternoon Workout<br>3:30 Hangman<br>4:00 Family Feud<br>4:30 TV: Petticoat Junction   | 10:00 Basketball<br>10:30 <b>Outing: Bowling/</b><br>Current Events<br>11:00 <b>Music Therapy</b><br>11:30 Morning Walk<br>1:00 <b>Ragtop</b><br>3:00 <b>Yoga w/Jeanni</b><br>3:30 Noodle Ball<br>4:30 TV: Threes Company | 10:00 Travelogue: Washington, DC<br>10:30 Senior Stretch<br>11:00 <b>Rev. Glockner</b><br>1:00 <b>Saxy Keys</b><br>3:00 Current Events<br>3:30 Exercises<br>4:00 Lets Chat<br>4:30 TV: Movie |  |

