

# Adult Care Center of Roanoke Valley Activity Calendar 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Caregiver's <b>Support Group</b> is held the second Tuesday of every month. Save Date of: <b>Tuesday, January 12th 1:30-3:00 p.m.</b> Held via teleconferencing!</p>	<p style="text-align: center;"><b>Meals</b> (see attached menu) 9:30 AM -- Breakfast Snack 12 Noon – Lunch 2:30 PM – Snack</p>	<p style="text-align: center;"><u><b>Center will be closed starting Friday, December 18th and will re-open on Monday, January 11, 2020</b></u></p> <p style="text-align: center;"><b>Happy New Year Wishes!</b></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 Person Centered Activities, Board Games, Card Games, Small Crafts, and Coloring Pages</p>	<p style="text-align: center;"><b>PAJAMA DAY</b> <b>MONDAY,</b> <b>JANUARY 11</b></p>
Monday	Tuesday	Wednesday	Thursday	Friday
				<p style="text-align: right;"><sup>1</sup></p> <p style="text-align: center;"><b>CENTER CLOSED</b> <b>HAPPY NEW YEAR</b></p>
Monday	Tuesday	Wednesday	Thursday	Friday
<sup>4</sup>	<sup>5</sup>	<sup>6</sup>	<sup>7</sup>	<sup>8</sup>
<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>PAJAMA DAY</b> <b>10:00</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal <b>10:30 Council Meeting</b> <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:15 Marie Anderson</b> <b>1:30</b> Crafts <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal <b>10:30</b> Bean Bag Toss <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Music Therapy <b>1:30</b> What's New in 2021? <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:00-</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal <b>10:30</b> Trivia <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Music Therapy <b>1:30</b> Balloon Volleyball <b>2:00-</b> Exercises <b>3:00-5:00-</b> Movies <b>5:00-6:00-</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal. <b>10:30</b> Current/Exercises <b>11:00</b> Church <b>1:15 Saxy Keys</b> <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05-11:00</b> Bingo <b>10:30</b> Word Search <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Happy New Year Matching <b>1:30</b> Most Powerful Quotes of Martin Luther King <b>2:00</b> Exercises <b>2:30 December/January Birthday Party</b> <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>MARTIN LUTHER KING DAY</b> <b>10:00</b> Pledge Allegiance <b>10:05</b> Lets Make A Deal <b>10:30</b> Bean Bag Toss <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Music Therapy <b>1:30</b> Happy New Year Other Languages <b>2:00</b> Exercises <b>3:00-5:00</b> - Movies <b>5:00-6:00-</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Lets Make A Deal <b>10:30</b> Coloring Pages <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Music Therapy <b>1:30</b> Happy New Year Other Languages <b>2:00</b> Exercises <b>3:00-5:00</b> - Movies <b>5:00-6:00-</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance/Exercises <b>10:05-10:30</b> Lets Make a Deal <b>10:30</b> Name Three <b>11:00</b> Martin Luther King Jr Day <b>1:30</b> Current Events <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal. <b>10:30</b> Current/Exercises <b>11:00</b> Church <b>1:15 Rag Top</b> <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05-11:00</b> Bingo <b>10:30</b> Word Search <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Travelogue: Switzerland <b>1:30</b> Hangman <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>10:00</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal <b>10:30</b> Bean Bag Toss <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Music Therapy <b>1:30</b> Golf <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Lets Make A Deal <b>10:30</b> Trivia <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Music Therapy <b>1:30</b> Bean Bag Toss <b>2:00</b> Exercises <b>3:00-5:00</b> - Movies <b>5:00-6:00</b> - Person Centered Activities	<b>10:00</b> Pledge Allegiance/Exercises <b>10:05-10:30</b> Lets Make a Deal <b>10:30</b> Snow Memories <b>11:00</b> Current Events <b>1:30</b> Favorite Football Teams <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance/Exercises <b>10:05-10:30</b> Lets Make A Deal. 10:30 Word Games 11:00 Current Events 11:30 Exercises <b>1:00</b> Music Therapy 1:30 History Lesson <b>2:00</b> Exercises <b>3:00-4:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05-11:00</b> Bingo <b>10:30</b> Word Search <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Winter Sports <b>1:30</b> Hangman <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities