



# Adult Care Center of Roanoke Valley Activity Calendar 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Please bring a photo of yourself for a craft project on Friday, March 19<sup>th</sup> from 1-3:00 p.m.</b></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;">  </p> <p style="text-align: center;"><b>We welcome back Jeanni Cotter on March 24<sup>th</sup>! Yoga at 2:00 p.m.</b></p> <p style="text-align: center;">  </p> <p style="text-align: center;"><b>Music Therapist Catherine from Noel Anderson Music Therapy will be here on Monday, March 8<sup>th</sup> at 1 p.m.</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>The Caregiver's Support Group is held the 2<sup>nd</sup> Tuesday of every month!</b></p> <p style="text-align: center;"><b>Save the date of Tuesday, March 9<sup>th</sup>, 1:30 – 3 pm.</b> <b>Held via teleconferencing or ZOOM</b></p>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</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>1:15</b> Marie Anderson <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>2</b> <b>10:00</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal <b>10:30</b> Name Two <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Music Therapy <b>1:30</b> Trivia <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>3</b> <b>10:00-</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal <b>10:30</b> Tales of the Irish <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>4</b> <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</b> Hangman <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>Wear Your Favorite 5 Green T-Shirt</b> <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> Interesting Facts About Ireland <b>1:30</b> Exercises <b>2:00</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>8</b> <b>10:00</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal <b>10:30</b> Word Game <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Music Therapy with Catherine (Noel Anderson Music Therapy) <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>9</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> Word Games <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10</b> <b>10:00-</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal <b>10:30</b> Hangman <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>11</b> <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</b> Saxy Keys <b>2:00</b> Exercises <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>12</b> <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> History of St. Patrick's Day <b>1:30</b> Exercises <b>2:00</b> Name That Tune <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>

<p style="text-align: right;"><b>15</b></p> <p><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>1:00</b> St Patrick Mining  <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</p>	<p style="text-align: right;"><b>16</b></p> <p><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> Exercises  <b>2:00</b> Saint Categories  <b>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>	<p style="text-align: center;"><b><i>Saint 17</i></b>  <b><i>Patrick's Day</i></b>  <b>17</b></p> <p><b>10:00-</b> Pledge Allegiance  <b>10:05-10:30</b> Lets Make A Deal  <b>10:30</b> Blarney Stone Mining  <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>2:30</b> St. Patty's Day Snack  <b>3:00-5:00-</b> Movies  <b>5:00-6:00-</b> Person Centered Activities</p>	<p style="text-align: right;"><b>18</b></p> <p><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>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>	<p style="text-align: right;"><b>19</b></p> <p><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>1:00-2:30 Special Craft Project Bring a photo of yourself!</b>  <b>1:30</b> Its Not Easy Being GREEN  <b>2:00</b> Exercises  <b>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p style="text-align: right;"><b>22</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Lets Make A Deal  <b>10:30</b> Name Three  <b>11:00</b> Current Events  <b>11:30</b> Exercises  <b>1:00</b> Music Therapy  <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</p>	<p style="text-align: right;"><b>23</b></p> <p><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> Trivia  <b>2:00</b> Exercises  <b>3:00-5:00 -</b> Movies  <b>5:00-6:00-</b> Person Centered Activities</p>	<p style="text-align: right;"><b>24</b></p> <p><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> Word Games  <b>1:30</b> Current Events  <b>2:00 Yoga w/Jeanni</b>  <b>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>	<p style="text-align: right;"><b>25</b></p> <p><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</b> Remembering Irish Songs  <b>2:00</b> Exercises  <b>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>	<p style="text-align: right;"><b>26</b></p> <p><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: Ireland  <b>1:30</b> Hangman  <b>2:00</b> Exercises  <b>2:30 March Birthday Party</b>  <b>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>		
<b>29</b>	<b>30</b>	<b>31</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> Balloon Volleyball <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> Hangman <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 That Tune <b>11:00</b> Current Events <b>1:30</b> Name Four <b>2:00</b> Yoga w/Jeanni <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities		