


# Adult Care Center of Roanoke Valley Activity Calendar 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Meals</b> <b>(see attached menu)</b> <b>9:30 AM – Breakfast Snack</b> <b>12 Noon – Lunch</b> <b>2:30 PM – Snack</b></p> <hr style="border: 1px solid black;"/> <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><b>The Caregiver’s Support Group is held the 2<sup>nd</sup> Tuesday of every month!</b></p> <p><b>Save the date of Tuesday, September 14<sup>th</sup> 1:30 – 3 pm. Held via teleconferencing or ZOOM</b></p> 	<p><b>1</b></p> <p>10:00 Pledge Allegiance 10:05 Lets Make A Deal/ <b>Outing: Bowling</b> 10:30 Basketball 11:00 Current Events 11:30 Exercises 1:00 What Am I? 1:30 Ring Toss 2:00 Exercises 3:00-5:00 - Movies 5:00-6:00- Person Centered Activities</p>	<p><b>2</b></p> <p>10:00 Pledge Allegiance 10:05 Lets Make A Deal 10:30 Labor Day Laughs 11:00 Current Events 11:30 Exercises 1:00 Balloon Volley Ball 1:30 Learning About Labor Day 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>	<p><b>CRAZY SOCK DAY 3</b></p> <p>10:00 Pledge Allegiance 10:05 Lets Make A Deal/Bingo 11:00 Current Events 11:30 Exercises 12:00 <b>Labor Day Cookout</b> 1:00 Labor Categories 1:30 Would You Rather: Labor Day Edition 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>
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<p><b>6</b></p> <p><b>CENTER CLOSED!</b></p>	<p><b>7</b></p> <p>10:00 Pledge Allegiance</p>	<p><b>8</b></p> <p>10:00- Pledge Allegiance</p>	<p><b>9</b></p> <p>10:05-10:30 Lets Make A Deal / Current Events</p>	<p><b>10</b></p> <p><b>RED DAY</b> 10:00 Pledge Allegiance</p>

	<p><b>10:05-10:30</b> Lets Make A Deal/Bingo  <b>11:00</b> Current Events  <b>11:30</b> Exercises  <b>1:00</b> Name 3  <b>2:00</b> Exercises  <b>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>	<p><b>10:05-10:30</b> Lets Make A Deal  <b>10:05 Music Therapy with Catherine</b>  <b>10:30</b> Word Games  <b>11:00</b> Current Events  <b>11:30</b> Exercises  <b>1:00</b> Mixed-Up Professions  <b>1:30 Ragtop</b>  <b>3:00 Yoga with Jeannie</b>  <b>3:30-5:30</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>	<p><b>10:30</b> Exercises  <b>11:00 Church w/ Rev. Glockner</b>  <b>1:00</b> Exercises  <b>1:30 Saxy Keys</b>  <b>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>	<p><b>10:05-11:00</b> Lets Make A Deal/Bingo//<b>Outing: Golden Carrol</b>  <b>11:00</b> Current Events  <b>11:30</b> Exercises  <b>1:00</b> Parachute Game  <b>1:30</b> Music Appreciation  <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><b>13</b>  <b>10:00</b> Pledge Allegiance  <b>10:05-10:30</b> Lets Make A Deal  <b>10:30</b> Basketball  <b>11:00</b> Current Events  <b>11:30</b> Excercises  <b>1:00</b> Exercises  <b>1:30 Marie Anderson</b>  <b>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>	<p><b>14</b>  <b>10:00</b> Pledge Allegiance  <b>10:05</b> Lets Make A Deal/Bingo  <b>11:00</b> Current Events  <b>11:30</b> Exercises  <b>1:00 Music Therapy with Catherine</b>  <b>2:00</b> Exercises  <b>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>	<p><b>15</b>  <b>10:00</b> Pledge Allegiance  <b>10:05-10:30 Music Therapy with Catherine/Outing: Bowling</b>  <b>11:00</b> Current Events  <b>11:30</b> Excercises  <b>1:00</b> Grandparents Are A Hoot  <b>1:30 Ragtop</b>  <b>3:00 Yoga w/Jeanni</b>  <b>3:30-5:30</b> Movies  <b>5:30-6:00</b> Person Centered Activities</p>	<p><b>16</b>  <b>10:00</b> Pledge Allegiance  <b>10:05-10:30</b> Lets Make A Deal/Current Events  <b>10:30</b> Senior Stretch  <b>11:00 Church w/ Rev. Glockner</b>  <b>1:00</b> Zumba  <b>1:30 Keith Campbell</b>  <b>3:00-5:00</b> Movies  <b>5:00-6:00</b> Person Centered Activities</p>	<p><b>TEAM DAY 17</b>  <b>10:00</b> Pledge Allegiance  <b>10:05-11:00</b> Bingo/Lets Make A Deal  <b>11:00</b> Current Events  <b>11:30</b> Exercises  <b>1:00</b> Travelogue: Costa Rica  <b>1:30</b> History Of Grandparents Day  <b>2:00</b> Zumba  <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><b>20</b>  <b>10:00</b> Pledge Allegiance  <b>10:05-10:30</b> Lets Make A Deal</p>	<p><b>21</b>  <b>10:00</b> Pledge Allegiance  <b>10:05</b> Bingo/Exercises  <b>11:00 Mark Baskind</b></p>	<p><b>22</b>  <b>10:00</b> Pledge Allegiance  <b>10:05 Music Therapy with Catherine</b></p>	<p><b>23</b>  <b>10:00</b> Pledge Allegiance  <b>10:05-10:30</b> Lets Make A Deal</p>	<p><b>STRIPE DAY 24</b>  <b>10:00</b> Pledge Allegiance  <b>10:05-11:00</b> Lets Make A Deal/ Bingo</p>

<b>10:30</b> Bean Bag Toss <b>11:00</b> Council Meeting <b>11:30</b> Exercises <b>1:00</b> Balloon Volleyball <b>1:30</b> Current Events <b>2:00</b> Senior Stretch <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>1:00</b> Current events <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>11:00</b> Curret Events <b>11:30</b> Excercises <b>1:00</b> Mixed -Up Words <b>1:30</b> Secret Occupation <b>2:00</b> Trivia <b>3:00</b> <b>Yoga w/Jeanni</b> <b>3:30-5:30</b> Movies <b>5:30-6:00</b> Person Centered Activities	<b>10:30</b> Exercises/ <b>Outing:</b> <b>Salem Museum</b> <b>11:00</b> <b>Church w/ Rev. Glockner</b> <b>1:00</b> Exercises <b>1:30</b> Current Events <b>2:00</b> EZ Trivia <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>11:00</b> Current Events <b>11:30</b> Zumba <b>1:00</b> Exercises <b>1:30</b> Who Am I? <b>2:00</b> Color Category Game <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>27</b>	<b>28</b>	<b>29</b>		
<b>10:00</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal / Crafts <b>11:30</b> Exercises <b>1:00</b> Current Events <b>1:30</b> Mixed-Up Oktoberfest <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> <b>Music Therapy with Catherine</b> <b>11:00</b> Current Events <b>11:30</b> Excercises <b>1:00</b> Mixed Up Words <b>1:30</b> Grand Categories <b>2:00</b> Dancing and Grooving <b>3:00</b> <b>Yoga w/Jeanni</b> <b>3:30-5:30</b> Movies <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05-10:30</b> Lets Make A Deal <b>11:00</b> Current Events <b>11:30</b> Excercises <b>1:00-2:30</b> <b>SOCK HOP!!</b> <b>3:00</b> <b>Yoga w/Jeanni</b> <b>3:30-5:30</b> Movies <b>5:30-6:00</b> Person Centered Activities		