




# Adult Care Center of Roanoke Valley Activity Calendar October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Meals</b> (see attached menu) <b>9:30 AM – Breakfast Snack</b> <b>12 Noon – Lunch</b> <b>2:30 PM – Snack</b></p> <hr style="border: 1px dashed 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 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, October 12 1:30 – 3 pm. Held in person or via teleconferencing.</b></p> <div style="text-align: center;">  </div>	<div style="text-align: center;">  <p>TAI CHI EXERCISES</p> <p><b><u>What’s New?</u></b></p> <p><b>Tai Chi w/Dink</b></p> <p><b>October 11<sup>th</sup></b> <b>October 25<sup>th</sup></b> <b>1:30 PM</b></p> </div>	<div style="text-align: center;"> <p><b>Halloween Party</b> <b>Friday, Oct. 29<sup>th</sup></b> <b>1:30-2:30</b></p>  <p><b>Wear a Costume or Mask!</b></p> </div>	<p style="text-align: right;"><b>1</b></p> <p>10:00 Pledge Allegiance 10:05 Lets Make A Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Parachute Games 1:30 Music Appreciation 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</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> Chair Exercises <b>1:30</b> <b>Marie Anderson</b> <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance/Bingo <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Name 3 <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 <b>10:00</b> <b>Musice Therapy with Catherine</b> <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Mixed-Up Professions <b>1:30</b> Exercises <b>2:00</b> History of Columbus Day <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:05-10:30</b> Pledge Allegiance/Current Events <b>10:30</b> Exercises <b>11:00</b> <b>Church w/ Rev. Glockner</b> <b>1:00</b> Exercises <b>1:30</b> Columbus Day Scrabble <b>2:00</b> <b>Name Fall &amp; Halloween Categories</b> <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> Lets Make A Deal/Bingo <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
<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>Happy Columbus Day</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> Columbus Sailed the Ocean Blue Word Clue <b>1:30</b> <b>Tai Chi with Dink</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/Bingo <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> <b>Music Therapy w/Catherine</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> Let's Make a Deal <b>11:00</b> Current Events <b>11:30</b> Excercises <b>1:00</b> Happy Columbus Day Word Clue <b>1:30</b> <b>RagTop</b> <b>3:00</b> Spelling Thanksgiving <b>3:30-5:30</b> Movies <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance/Current Events <b>10:30</b> Senior Stretch <b>11:00</b> <b>Church w/ Rev. Glockner</b> <b>1:00</b> Zumba <b>1:30</b> Cranberry Sauce Mining <b>2:00</b> Reminiscing: Antique Cars <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/Lets Make A Deal <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Travelogue: Peaks of Otter <b>1:30</b> Name Two <b>2:00</b> Zumba <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>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> 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>10:00</b> Pledge Allegiance/Bingo <b>11:00</b> Elizabeth Krebs: Queen of Halloween <b>11:30</b> Exercises <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>10:00</b> Pledge Allegiance <b>10:00 Music Therapy w/Catherine</b> <b>11:00</b> Curret Events <b>11:30</b> Excercises <b>1:00</b> Halloween Quiz <b>1:30</b> Ball Toss <b>2:00</b> Trivia <b>3:00</b> History of Classic Monster Movies <b>3:30-5:30</b> Movies <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance/Current Events <b>10:30</b> Happy Halloween Jumble <b>11:00 Church w/ Rev. Glockner</b> <b>1:00</b> Exercises <b>1:30 Keith Campbell</b> <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> Lets Make A Deal/ Bingo/Current Events <b>11:00 Marc Baskinds</b> <b>1:00</b> Exercises <b>1:30</b> Who Am I? <b>2:00</b> All Hallow's Eve Puzzle <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 / Crafts <b>11:00</b> Trick Categories <b>11:30</b> Exercises <b>1:00</b> Current Events <b>1:30 Tai Chi w/Dink</b> <b>2:00</b> Balloon Toss <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:00 Music Therapy w/Catherine</b> <b>11:00</b> Current Events <b>11:30</b> Excercises <b>1:00</b> Halloween Costume Pass It On <b>1:30</b> Zumba <b>2:00</b> What's in the Bag? <b>3:00</b> History Lesson <b>3:30-5:30</b> Movies <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05-11:00</b> Lets Make A Deal <b>11:00</b> Current Events <b>11:30</b> Excercises <b>1:00</b> Boo! Double "O" Fill In Blank <b>1:30 Monster Mash W/ Mark Bushnell</b> <b>3:00</b> Ball Toss <b>3:30-5:30</b> Movies <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance/Current Events <b>10:30</b> Exercises <b>11:00 Church w/ Rev. Glockner</b> <b>1:00</b> Exercises <b>1:30</b> Hangman <b>2:00</b> EZ Trivia <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities	<b>WEAR A COSTUME OR MASK!</b> <b>10:00</b> Pledge Allegiance <b>10:05-11:00</b> Lets Make A Deal/ Bingo <b>11:00</b> Current Events <b>11:30</b> Zumba <b>1:00</b> Exercises <b>1:30 Halloween/Birthday Party, Parade &amp; Games</b> <b>3:00-5:00</b> Movies <b>5:00-6:00</b> Person Centered Activities