

Adult Care Center of Roanoke Valley Activity Calendar November 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Meals (see attached menu) 9:30 AM – Breakfast Snack 12 Noon – Lunch 2:30 PM – Snack</p> <hr/> <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,</p>	<p style="text-align: center;"><u>What's New?</u></p> <p style="text-align: center;">Tai Chi w/Dink Nov 8 & 22 1:30 PM</p>  <p style="text-align: center;">TAI CHI EXERCISES</p>	<p style="text-align: center;">The Caregiver's Support Group is held the 2nd Tuesday of every month!</p> <p style="text-align: center;">Save the date of Tuesday, November 9th 1:30 – 3 pm.</p> <p style="text-align: center;">Held in person or via teleconferencing.</p>	<p style="text-align: center;">Thanksgiving Dinner at Center w/Kiwanis</p>  <p style="text-align: center;">Friday, November 19th 12 noon</p> <p style="text-align: center;">Each participant may bring one guest.</p> <p style="text-align: center;">Please RSVP to Susan Richards at 540-981-2350 by no later than 11/15</p>	<p style="text-align: center;">Honoring our Veterans!</p>  <p style="text-align: center;">Thursday, November 11th</p> <p style="text-align: center;">1:30-2:30 pm</p>

Card Games, Small Crafts, and Coloring Pages				
Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal 10:30 Basketball 11:00 Current Events 11:30 Excercises 1:00 Chair Exercises 1:30-2:30 Marie Anderson 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	2 10:00 Pledge Allegiance/Bingo 11:00 Current Events 11:30 Exercises 1:00 Name 3 1:30 Hangman 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	3 10:00- Pledge Allegiance 10:15-11:15 Music Therapy w/Catherine 11:15 Current Events 11:30 Exercises 1:00 Remembrance Day 1:30-2:30 Bingo 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	4 10:05-10:30 Pledge Allegiance/Current Events 10:30 Exercises 11:00-12:00 Church w/ Rev. Glockner 1:00 Exercises 1:30 Remembrance Day Mining 2:00 Veterans Day Secret Quote 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	5 10:00 Pledge Allegiance 10:05-11:00 Lets Make A Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Parachute Game 1:30 Music Appreciation 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
8 10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal 10:30 Basketball 11:00 Current Events 11:30 Excercises 1:00 History of US Dept. of Veteran Affairs 1:30 Tai Chi w/Dink 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	9 10:00 Pledge Allegiance/Bingo 11:00 Current Events 11:30 Exercises 1:00-2:00 Music Therapy w/Catherine 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	10 Radford Nursing Students 10:00 Pledge Allegiance 10:05-11:00 Let's Make a Deal/Bingo 11:00 Current Events 11:30 Excercises 1:00 Famous Battleships 1:30-2:30 RagTop 3:00 Veteran's Day Jumble 3:30-5:30 Movies 5:30-6:00 Person Centered Activities	11 10:00 Pledge Allegiance/Current Events 10:30 Senior Stretch 11:00 Church w/ Rev. Glockner 1:15-2:15 Honoring our Veterans: Saxy Keys 2:15-2:30 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	12 10:00 Pledge Allegiance 10:05-11:00 Bingo/Lets Make A Deal 11:00 Current Events 11:30 Exercises 1:00 Travelogue: Smokey Mountains 1:30 Name Two 2:00 Zumba 3:00-5:00 Movies 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday

<p style="text-align: right;">15</p> <p>10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal 10:30 Bean Bag Toss 11:00 Council Meeting 11:30 Exercises 1:00 Balloon Volleyball 1:30 Current Events 2:00 Senior Stretch 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>	<p style="text-align: right;">16</p> <p>10:00 Pledge Allegiance/Bingo 11:00 Who Am I? 11:30 Exercises 1:00 Current Events 1:30 Hangman 2:00 Exercises 3:00-5:00 - Movies 5:00-6:00- Person Centered Activities</p>	<p style="text-align: right;">17</p> <p>10:00 Pledge Allegiance 10:15-11:15 Music Therapy w/Catherine 11:00 Curret Events 11:30 Excercises 1:00 Celebrating Thanksgiving 1:30-2:30 Bingo 3:00 Name Halloween Costumes 3:30-5:30 Movies 5:30-6:00 Person Centered Activities</p>	<p style="text-align: right;">18</p> <p>10:00 Pledge Allegiance/Current Events 10:30 Exercises 11:00 Church w/ Rev. Glockner 1:00 Exercises 1:30-2:30 Keith Campbell 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>	<p style="text-align: right;">19</p> <p>10:00 Pledge Allegiance 10:05-11:00 Lets Make A Deal/ Bingo/Current Events 11:30 Exercises 12:00-1:30 Thanksgiving Dinner 2:00 Chairexercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">22</p> <p>10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal / Crafts 11:00 Reminiscing Thanksgiving 11:30 Exercises 1:00 Current Events 1:30 Tai Chi w/Dink 2:00 Balloon Toss 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>	<p style="text-align: right;">23</p> <p>10:00 Pledge Allegiance 10:00 Bingo 11:00 Exercises 11:30 Current Events 1:00-2:00 Music Therapy w/Catherine 2:00 Zumba 3:00 Hangman 3:30-5:30 Movies 5:30-6:00 Person Centered Activities</p>	<p style="text-align: right;">24</p> <p>10:00 Pledge Allegiance 10:05-11:00 Lets Make A Deal 11:30 Exercises 1:00 Current Events 1:30 The Evolution of Stuffing 2:00 Word Games 3:00 Ball Toss 3:30-5:30 Movies 5:30-6:00 Person Centered Activities</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Happy Thanksgiving!</p> 	<p style="text-align: right;">26</p> <p style="text-align: center;">CLOSED</p>
Monday	Tuesday			

<p style="text-align: right;">29</p> <p>10:00 Pledge Allegiance 10:05-11:00 Lets Make A Deal / Crafts 11:00 Marc Baskins 1:00 Current Events 1:30 Chairexercises 2:00 Balloon Toss 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>	<p style="text-align: right;">30</p> <p>10:00-11:00 Pledge Allegiance/Bingo 11:00 Current Events 11:30 Excercises 1:00 Hangman 1:30-2:30 Elvis Impersonator 2:30 November Birthday Party 3:00 Corn Hole 3:30-5:30 Movies 5:30-6:00 Person Centered Activities</p>			
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