


Adult Care Center of Roanoke Valley Activity Calendar December 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 style="border: 0.5px 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><u>What's New?</u></p> <p>Welcome Elvis aka Mark Bushnell to the Center.</p>	<p>The Caregiver's Support Group is held the 2nd Tuesday of every month!</p> <p>Save the date of Tuesday, December 14th 1:30 – 3 pm.</p> <p>Held in person or via teleconferencing.</p>	<p>Christmas Party December 22nd! Santa will be there to take pictures. Dress in your favorite Christmas sweater.</p> <div style="text-align: center;">  </div>	
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00- Pledge Allegiance	10:05-10:30 Pledge	10:00 Pledge Allegiance

		10:15-11:15 Music Therapy w/Catherine 11:15 Current Events 11:30 Exercises 1:00 What am I? 1:30-2:30 Bingo 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	Allegiance/Lets Make A Deal 10:30 Exercises 11:00-12:00 Church w/ Rev. Glockner 1:00 Current Events 1:30 Exercises 2:00 Santa's Secret Quote 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	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
6	7	8	9	10
10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal 10:30 Basketball 11:00 Current Events 11:30 Excercises 1:00 Christmas Carol Mining 1:30 Marie Anderson 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	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	10:00 Pledge Allegiance 10:05-11:00 Let's Make a Deal/Bingo 11:00 Current Events 11:30 Excercises 1:00 Golf 1:30-2:30 RagTop 3:00 Hangman 3:30-5:30 Movies 5:30-6:00 Person Centered Activities	10:00 Pledge Allegiance/Current Events 10:30 Senior Stretch 11:00 Church w/ Rev. Glockner 1:00 Exercises 1:30-2:30 Saxy Keys 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05-11:00 Bingo/Lets Make A Deal 11:00 Current Events 11:30 Exercises 1:00 Travelogue: Christmas Town 1:30 Name 3 2:00 Zumba 3:00-5:00 Movies 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal/Current Events 10:30 Bean Bag Toss 11:00 Council Meeting 11:30 Exercises	10:00 Pledge Allegiance/Bingo 11:00 What Am I? 11:30 Exercises 1:00 Current Events 1:30 Hangman	10:00 Pledge Allegiance 10:15-11:15 Music Therapy w/Catherine 11:00 Curret Events 11:30 Excercises 1:00 Carol Categories	10:00 Pledge Allegiance/Current Events 10:30 Exercises 11:00 Church w/ Rev. Glockner 1:00 Exercises	10:00 Pledge Allegiance 10:05-11:00 Lets Make A Deal/ Bingo 11:00 Current Events 11:30 Exercises 1:00 Basketball

1:00 Balloon Volleyball 1:30 Tai Chi 2:00 Senior Stretch 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	2:00 Exercises 3:00-5:00 - Movies 5:00-6:00- Person Centered Activities	1:30-2:30 Bingo 3:00 Name Christmas Sories and Songs 3:30-5:30 Movies 5:30-6:00 Person Centered Activities	1:30-2:30 Keith Campbell 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	1:30 A Christmas Carol Word Match 2:00 Chair Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal / Crafts 11:00 Spin The Dreidel Word Minning 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	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 3:00-5:30 Movies 5:30-6:00 Person Centered Activities	CHRISTMAS PARTY! 10:00 Pledge Allegiance 10:05-11:00 Lets Make A Deal 11:00 Mark Baskind 1:00 Christmas Party With Santa 3:30-5:30 Movies 5:30-6:00 Person Centered Activities	CLOSED 	CLOSED ACCRV Wishes You A Merry Christmas 
Monday	Tuesday			

<p style="text-align: right;">27</p> <p>10:00 Pledge Allegiance 10:05-11:00 Lets Make A Deal / Crafts 11:00 Current Events 11:30 Exercises 1:00 Resolution Mining 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;">28</p> <p>10:00-11:00 Pledge Allegiance/Bingo 11:00 Current Events 11:30 Excercises 1:00 Dance Class 1:30 Secret Quote 2:30 Exercises 3:00-5:30 Movies 5:30-6:00 Person Centered Activities</p>	<p style="text-align: right;">29</p> <p>10:00 Pledge Allegiance 10:15-11:15 Music Therapy w/ Catherine 11:15 Current Events 11:30 Excercises 1:00 Corn Hole 1:30 Happy New Year Match Up 2:00 Music Appreciation 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>	<p style="text-align: right;">30</p> <p>10:00 Pledge Allegiance/Bingo 11:00 Current Events 11:30 Exercises 1:00 Hangman 1:30-2:30 New Years Party w/ Elvis aka Mark Bushnell 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">Closed</p> 
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