

Adult Care Center of Roanoke Valley Activity Calendar January 2022



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, Card Games, Small Crafts, and Coloring Pages</p>	<p style="text-align: center;"><u>What's New?</u></p> <p style="text-align: center;">Welcome The New Year</p>  <p style="text-align: center;"><small>shutterstock.com · 1816335878</small></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, January 11th 1:30 – 3 pm.</p> <p style="text-align: center;">Held via Zoom/teleconferencing. Contact Ruth Parsons For Information</p>	<p style="text-align: center;">GOODBYE 2021</p>  <p style="text-align: center;">WELCOME 2022</p>	<p style="text-align: center;">"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."</p>  <p style="text-align: center;"><small>– Dr. Martin Luther King, Jr.</small></p>
Monday	Tuesday	Wednesday	Thursday	Friday

3	4	5	6	7
10:00-11:00 Pledge Allegiance/Bingo 11:00 Current Events 11:30 Excercises 1:00 Dance Class 1:30 Marie Anderson 3:00-5:30 Movies 5:30-6:00 Person Centered Activities	10:00-11:00 Pledge Allegiance/Lets Make A Deal 11:00 Current Events 11:30 Excercises 1:00 Music Therapy w/ Catherine 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	10:00- Pledge Allegiance/ Lets Make A Deal 11:00 Current Events 11:30 Exercises 1:00 Whats New In 2022 1:30-2:30 Bingo 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	10:05-10:30 Pledge Allegiance/Current Events 10:30 Exercises 11:00-12:00 Church w/ Rev. Glockner 1:00 Saxy Keys 3:00 Zumba 3:30-5:00 Movies 5:00-6:00 Person Centered Activities	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 New Years Guess 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
10	11	12	13	14
10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal 10:30 Basketball 11:00 Current Events 11:30 Excercises 1:00 What Am I? 1:30 Tai Chi w/Dink 2:00 Secret Champagne Quote 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 Noodle Ball 2:00 Zumba 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:15-11:00 Music Therapy w/Catherine 11:00 Current Events 11:30 Excercises 1:00 MLK We Shall Overcome 1:30-2:30 RagTop 3:00 Senior Stretches 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 Resolution Mining 2:00 Happy New Year Rhyme 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: New York Times Square 1:30 New Year Match Up 2:00 Zumba 3:00-5:00 Movies 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
MARTIAN LUTHER 17 KING DAY!!	18	19	20	21
10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal/Current Events 10:30 Bean Bag Toss	10:00 Pledge Allegiance/Bingo 11:00 Current Events 11:30 Exercises	10:00 Pledge Allegiance/ Lets Make A Deal 11:00 Current Events 11:30 Excercises 1:00 MLK Trivia	10:00 Pledge Allegiance/Current Events 10:30 Exercises 11:00 Church w/ Rev. Glockner	10:00 Pledge Allegiance 10:05-11:00 Lets Make A Deal/ Bingo 11:00 Current Events 11:30 Exercises

11:00 Council Meeting 11:30 Exercises 1:00 Balloon Volleyball 1:30 Tai Chi 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	1:00 Music Therapy w/Catherine 2:00 Zumba 3:00-5:00 - Movies 5:00-6:00- Person Centered Activities	1:30 Keith Campbell 3:00-5:30 Movies 5:30-6:00 Person Centered Activities	1:00 Saxy Keys 3:00 Senior Stretches 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	1:00 Basketball 1:30 Random Trivia 2:00 Chair Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal/ Crafts 11:00 Jeopardy Trivia 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 10:05 Lets Make A Deal/ Bingo 11:00 Exercises 11:30 Current Events 1:00 MLK Memorial 1:30 Who Am I? 2:00 Zumba 3:00-5:30 Movies 5:30-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Music Therapy w/Catherine 11:00 Current Events 11:30 Exercises 1:00 King Categories 1:30 Mark Bushnell 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 MLK Match Up 2:00 Kickball 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance/Current Events 10:30 Exercises 11:00 Mark Baskind 1:00 Bowling 1:30 Modern Jeopardy 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities
Monday	Tuesday			

<p style="text-align: right;">31</p> <p>10:00 Pledge Allegiance 10:05-11:00 Lets Make A Deal / Crafts 11:00 Current Events 11:30 Exercises 1:00 What Am I? 1:30 Tai Chi w/ Dink 2:00 Famous Lasts Trivia 3:00-5:00 Movies 5:00-6:00 Person Centered Activities</p>				
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