

Adult Care Center of Roanoke Valley
Activity Calendar September 2022
SEPTEMBER

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, Checkers, Puzzles, Card Games, Small Crafts, and Coloring Pages</p>	<p style="text-align: center;">The Caregiver's Support Group is held the 2nd Tuesday of every month! Save the date of Tuesday, September 13th 1:30 - 3 pm. Held at ACCRV Conference Room. Contact Ruth Parsons if you have any questions.</p>		<p style="text-align: center;">Join us for a Sock Hop on Wednesday, September 28th at 1:30 pm.</p> <div data-bbox="1276 703 1633 1068" data-label="Image"> </div> <p style="text-align: center;">Wear a 50s outfit! Don a sweater or a scooter skirt, and saddle shoes!</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:00 Pledge Allegiance 10:05 Current Events 10:30 Exercises 11:00-12:00 Church w/ Rev. Glockner 1:15 Saxy Keys 2:00 Exercises 3:00-5:00 Movie 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05-Lets Make a Deal/ Bingo 11:00 Current Events 11:30 Exercises 1:00 Name Trees 1:30 Golf 2:00 Zumba 3:30-5:00 I Love Lucy 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
10:00 Pledge Allegiance 10:05 Lets Make a Deal/ Bingo 11:00 Current Events 11:30 Exercises 1:00 Council Meeting 1:30 Tai Chi w/Dink 2:00 Labor Day Trivia 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Current Events 10:30 Exercises 11:00 Church w/ Rev. Meadows 1:00 Music Therapy with Catherine 2:00 Zumba 3:00-5:00 Movie 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:00-11:00 Music Therapy w/Catherine 11:00 Current Events 11:30 Exercises 1:00 Headbands Game 1:30 Name Three 3:00 Senior Stretches 3:30-5:30 The Jeffersons 5:30-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Current Events 10:30 Senior Stretch 11:00 Church w/ Rev. Glockner 1:00 Fall Categories 1:30 Horse Races 2:00 Seated Exercises 3:00-5:00 Movie 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05-Lets Make a Deal/ Bingo 11:00 Marc Baskinds 11:30 Exercises 1:00 Current Events 1:30 Golf 2:00 Exercises 3:30-5:00 Family Feud 5:00-6:00 Person Centered Activities

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
10:00 Pledge Allegiance 10:05 Lets Make a Deal/ Bingo 11:00 Current Events 11:30 Exercises 1:00 Tai Chi 2:00 Zumba 3:00-5:00 Movie 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Current Events 10:30 Seated Exercises 11:00 Church w/ Rev Meadows 1:00 Music Therapy w/Catherine 2:00 Zumba 3:00-5:00 Walker Texas Ranger 5:00-6:00- Person Centered Activities	10:00 Pledge Allegiance 10:05 Lets Make a Deal/ Music Therapy w/Catherine 11:00 Current Events 11:30 Exercises 1:00 Word Mining 1:30 Balloon Volleyball 3:00 Exercises 3:30-5:30 Movie 5:30-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Current Events 10:30 Exercises 11:00 Church w/ Rev. Glockner 1:00 Table Games 2:00 Exercises 3:00-5:00 I love Lucy 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Lets Make a Deal/ Bingo 11:00 Current Events 11:30 Exercises 1:00 Parachute Game 1:30 Name Two 2:00 Chair Exercises 3:00-5:00 Movie 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
10:00 Pledge Allegiance 10:05 Lets Make a Deal/ Bingo 11:00 Current Events 11:30 Exercises 1:00 What Am I? 1:30 Marie Andersen 2:00 Word Games 3:00-5:00 The Jeffersons 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Current Events 10:30 Chair Exercises 11:00 Church w/ Rev. Meadows 1:00 Music w/Katherine 2:00 Senior Stretches 3:00-5:30 Movie 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 Bingo 2:00 Zumba 3: 30-5:30 Family Feud 5:30-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Current Events 10:30 Senior Stretch 11:00 Church w/ Rev. Glockner 1:00 Modern Jeopardy Trivia 1:30 Crafts 2:00 Chair Exercises 3:00-5:00 Movie 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Lets Make a Deal 10:30 Chair Exercises 11:00 Mark Baskind 1:00 Current Events 2:00 Afternoon Workout 3:00-5:00 Movie 5:00-6:00 Person Centered Activities

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
10:00 Pledge Allegiance 10:05 Lets Make a Deal 11:00 Current Events 11:30 Exercises 1:00 Grandparents Day Mining 1:30 Tai Chi w/Dink 2:00 Word Games 3:00-5:00 Andy Griffith Show 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00-11:00 Church w/ Rev. Meadows 1:00 What Am I? 1:30 Keith Campbell 3:00-5:30 Movie 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 Zumba 1:30 Sock Hop Party 3:30-5:30 Family Feud 5:30-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Current Events 10:30 Senior Stretch 11:00 Church w/ Rev. Glockner 1:00 Trivia 1:30 Crafts 2:00 Chair Exercises 3:00-5:00 Movie 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Lets Make a Deal 10:30 Chair Exercises 11:00 Parachute Games 1:00 Current Events 2:00 Afternoon Workout 2:30 September Birthday Party 3:00-5:00 Movie 5:00-6:00 Person Centered Activities