Adult Care Center of Roanoke Valley Activity Calendar 2021



Monday	Tuesday	Wednesday	Thursday	Friday
Center Closed Monday, July 5 th	Meals (see attached menu) 9:30 AM – Breakfast Snack 12 Noon – Lunch 2:30 PM – Snack 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	The Caregiver's Support Group is held the 2 nd Tuesday of every month! Save the date of Tuesday, July 13 th 1:30 – 3 pm. Held via teleconferencing or ZOOM	1 10:00 Pledge Allegiance 10:05-10:30 Lets Make A Deal / Current Events 10:30 Excersise 11:00 Church w/ Rev. Glockner 11:30 Exercises 1:00 Music Therapy 1:30 Parachute Game 2:00 Exercises 3:00-5:00 Movies 5:00-6:00 Person Centered Activities	2 10:00 Pledge Allegiance 10:05-11:00 Bingo 10:30 Excercises 11:00 Mark Baskind 1:00 Current Events 1:30 Exerc ises 2:00 4 th of July Party 3:00-5:00 Movies 5:00-6:00 Person Centered Activities

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Center Closed	10:00 Pledge Allegiance	10:00- Pledge Allegiance	10:05-10:30 Lets Make	10:00 Pledge Allegiance
Center Closed	10:05-10:30 Lets Make A	10:05-10:30 Lets Make A	A Deal / Current Events	10:05-11:00 Bingo
	Deal	Deal	10:30 Exercise	10:30 Word Search
* Stan	10:30 Bean Bag Toss	10:30 Word Games	11:00 Church w/ Rev.	11:00 Current Events
and the second	11:00 Current Events	11:00 Current Events	Glockner	11:30 Exercises
A A A A A A A A A A A A A A A A A A A	11:30 Exercises	11:30 Exercises	1:00 Music Therapy	1:00 Independence Day
* Cince	1:00 Music Therapy	1:15 Saxy Keys	1:30 Independence Day	Secret Quote
	with Catherine	2:00 Exercises	Riddle Jumble	1:30 Music Appreciation
Wishing you a draw	2:00 Exercises	3:00 Yoga with Jeannie	2:00 Exercises	2:00 Exercises
Wishing you a great	3:00-5:00 Movies	3:30-5:30 Movies	3:00-5:00 Movies	3:00-5:00 Movies
Fourth of July!	5:00-6:00 Person	5:00-6:00 Person Centered	5:00-6:00 Person	5:00-6:00 Person
	Centered Activities	Activities	Centered Activities	Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge	10:00 Pledge Allegiance	10:00 Pledge Allegiance
10:05 Lets Make A Deal	10:05 Lets Make A Deal	Allegiance/Exercises	10:05-10:30 Lets Make	10:05-11:00 Bingo
10:30 Excercises	10:00 Crafts w/ Bobby	10:00 Music Therapy with	A Deal / Current Events	10:30 Word Search
11:00 Current Events	Rust	Catherine	10:30 Senior Stretch	11:00 Current Events
11:30 Independence	10:30 Hangman	11:00 Word Games	11:00 Church w/ Rev.	11:30 Exercises
Day Secret Message	11:00 Current Events	1:00 What Am I?	Glockner	1:00 Travelogue: Spain
1:00 Exercises	11:30 Exercises	1:30 Current Events	1:00 Exercises	1:30 Hangman
1:30 Marie Anderson	1:00 Noodle ball	2:00 Name Three	1:30 Ragtop Music	2:00 Exercises
3:00-5:00 Movies	2:00 Exercises	3:00 Yoga w/Jeanni	3:00-5:00 Movies	3:00-5:00 Movies
5:00-6:00 Person	3:00-5:00 Movies	3:30-5:30 Movies	5:00-6:00 Person	5:00-6:00 Person
Centered Activities	5:00-6:00 Person	5:30-6:00 Person Centered	Centered Activities	Centered Activities
	Centered Activities	Activities		
Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge	10:00 Pledge Allegiance	10:00 Pledge Allegiance
10:05-10:30 Lets Make	10:05 Lets Make A Deal	Allegiance/Exercises	10:05-10:30 Lets Make	10:05-11:00 Bingo
A Deal	10:30 Trivia	10:05-10:30 Lets Make a	A Deal/ Current Events	10:30 Zumba
10:30 Bean Bag Toss	11:00 Current Events	Deal	10:30 Exercises	11:00 Current Events

11:00 Current Events	11:30 Exercises	10:30 Bring back the oldies	11:00 Church w/ Rev.	11:30 Word Search
11:30 Exercises	1:00 Music Therapy	music	Glockner	1:00 Exercises
1:00 Name That Tune	with Catherine	11:00 Current Events	1:00 Red White Blue	1:30 Keith Campbell
1:30 Balloon Volleyball	1:30 Hangman	1:00 Mixed -Up	Quiz	Music
3:00-5:00 Movies	2:00 Exercises	Independence Day	1:30 State Plate Game	3:00-5:00 Movies
5:00-6:00 Person	3:00-5:00 - Movies	1:30 Name Four	2:00 Exercises	5:00-6:00 Person
Centered Activities	5:00-6:00- Person	2:00 July Trivia	3:00-5:00 Movies	Centered Activities
	Centered Activities	3:00 Yoga w/Jeanni	5:00-6:00 Person	
		3:30-5:30 Movies	Centered Activities	
		5:30-6:00 Person Centered		
		Activities		
Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge	10:00 Pledge Allegiance	10:00 Pledge Allegiance
10:05-10:30 Lets Make	10:05 Lets Make A Deal	Allegiance/Exercises	10:05-10:30 Lets Make	10:05-11:00 Bingo
A Deal	10:30	10:05-10:30 Lets Make a	A Deal/ Current Events	10:30 Word Search
10:30 Bean Bag Toss	11:00 Current Events	Deal	10:30 Exercises	11:00 Current Events
11:00 Current Events	11:30 Exercises	10:30 Name That Tune	11:00 Church w/ Rev.	11:30 Exercises
11:30 Exercises	1:00 Independence Word	11:00 Current Events	Glockner	1:00 Short Stories
1:00 Music Therapy	Mining	1:00 Music Therapy with	1:00 Family Feud	1:30 Draw n Guess
1:30 Golf	1:30 Ring Toss	Catherine	1:30 Guess Whats In The	2:00 Exercises
3:00-5:00 Movies	2:00 Exercises	1:30 Would You Rather	Bag	2:30 Birthday Party
5:00-6:00 Person	3:00-5:00 - Movies	2:00 Dancing and grooving	2:00 Exercises	3:00-5:00 Movies
Centered Activities	5:00-6:00- Person	3:00 Yoga w/Jeanni	3:00-5:00 Movies	5:00-6:00 Person
	Centered Activities	3:30-5:30 Movies	5:00-6:00 Person	Centered Activities
		5:30-6:00 Person Centered	Centered Activities	
		Activities		