


Adult Care Center of Roanoke Valley

Activity Calendar November 2022

NOVEMBER

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: 1px 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, 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, November 8th 1:30 - 3 pm. Held at ACCRV Conference Room. Contact Ruth Parsons if you have any questions.</p>		<p style="text-align: center;">Thanksgiving Dinner</p> <p style="text-align: center;">Friday, November 18th Noon</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Please RSVP to the Receptionist by 11/7. (One guest per participant)</p>	
Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: right;">1</p> <p>10:00 Pledge Allegiance 10:05 Current Events</p>	<p style="text-align: right;">2</p> <p>10:00 Pledge Allegiance 10:05</p>	<p style="text-align: right;">3</p> <p>10:00 Pledge Allegiance 10:05 Current Events</p>	<p style="text-align: right;">4</p> <p>10:00 Pledge Allegiance</p>

	10:30 Exercises 11:00 Bible Study/Fall Tree Luminaries Craft 1:00 Music Therapy w/Catherine 2:00 Zumba 3:00-5:00 Movie 5:00-6:00 Person Centered Activities	11:00 Current Events 11:30 Exercises 1:00 Coloring Pages 1:30 Fall Tree Craft 2:00 Headband Game 3:00 Senior Stretches 3:30-5:30 The Jeffersons 5:30-6:00 Person Centered Activities	10:30 Senior Stretch 11:00 Church w/ Rev. Glockner 1:00 Turkey Snack Bags 1:30 Horse Races 2:00 Seated Exercises 3:00 Nails 3:00-5:00 Movie 5:00-6:00 Person Centered Activities	10:05-Lets Make a Deal/ Bingo 11:00 Family Tree w/Fall Colors 11:30 Exercises 1:00 Current Events 1:30 Remembrance Day Clues 2:00 Exercises 3:30-5:00 Family Feud 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
10:00 Pledge Allegiance 10:05 Lets Make a Deal/ Bingo 11:00 Current Events 11:30 Exercises 1:00 Zumba 1:30 Marie Anderson 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 Veterans Day Secret Quote 2:00 Zumba 3:00-5:00 Walker Texas Ranger 5:00-6:00- Person Centered Activities	10:00 Pledge Allegiance 10:05 Music Therapy w/Catherine 11:00 Current Events 11:30 Exercises 1:00 Patriotic Songs Matching 2:00 Mixed Up Thanksgiving Feast Unscramble 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 Mason Jar Craft 2:00 Exercises 2:30 Birthday Celebration 3:00 Nails 3:00-5:00 I Love Lucy 5:00-6:00 Person Centered Activities	Veterans Day 10:00 Pledge Allegiance 10:05 Lets Make a Deal/ Bingo 11:00 Marc Baskin 11:30 Exercises 1:00 Current Events 1:30 Veteran's Day Discussion/Trivia 2:00 Honoring our Veterans 2:30 Celebrating LPN Kathy Hopson 3:00-5:00 Movie 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday

14	15	16	17	18
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 2:00 Balloon Volleyball 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 Halloween Trivia 11:30 Remembering 1:00 Music Therapy w/Catherine 2:00 Senior Stretches 3:00-5:30 Movie 5:30-6:00 Person Centered Activities	10:00 Pledge Allegiance/Current Events 10:05 Thank Categories 11:00 Guess It 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 Balloon Volleyball 2:00 Chair Exercises 2:30 Cookie Pops 3:00 Nails 3:00-5:00 Movie 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 10:30 Chair Exercises 11:00 12:00 Thanksgiving Dinner 1:00 Keith Campbell 2:00 Afternoon Workout 3:00-5:00 Movie 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Tom Turkey Takes a RIBing 1:30-2:30 Make a Drink and Cookie 3:00-5:00 Andy Griffith Show 5:00-6:00 Person Centered Activities	10:00 Pledge Allegiance 10:05 Current Events 10:30 Chair Exercises 11:00 Trivia 11:30 Guess It 1:30 Keith Campbell 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 Marc Baskin 11:30 Exercises 1:00 Bingo 2:00 Zumba 3: 30-5:30 Family Feud 5:30-6:00 Person Centered Activities	Happy Thanksgiving! Center Closed	Center Closed
Monday	Tuesday	Wednesday	Thursday	Friday

<p style="text-align: right;">28</p> <p>10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Name That Tune 1:30 Tai Chi 2:00 Parachute Games 3:00-5:00 Andy Griffith Show 5:00-6:00 Person Centered Activities</p>	<p style="text-align: right;">29</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Chair Exercises 11:00 Trivia 11:30 Remembering 1:00 Music Therapy w/Catherine 2:00 Senior Stretches 3:00-5:30 Movie 5:30-6:00 Person Centered Activities</p>	<p style="text-align: right;">30</p> <p>10:00 Pledge Allegiance 10:05 Bingo and Prizes 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</p>		
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