Adult Care Center of Roanoke Valley Activity Calendar December 2022



DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
Meals (see attached menu) 9:30 AM - Breakfast 12 Noon – Lunch 2:30 PM – Snack	The Caregiver's Support Group is held the 2 nd Tuesday of every month! Save the date of Tuesday, December 13th 1:30 – 3 pm. Held at	·	Monday, December 12th, Leave 10 am Outing to Hotel Roanoke to see Festival of Trees (Fashions for Evergreens) Please RSVP and sign the attached permission slip, if you would like to attend!	Happy New Year! Happy New Year's Party Friday
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	ACCRV Conference Room. Contact Ruth Parsons if you have any questions.		attend.	December 30 th 2 p.m. Wear a festive or favorite hat to the party!

Games, Small Crafts, and Coloring Pages				
Monday	Tuesday	Wednesday	Thursday	Friday
-			1	2
			10:00 Pledge Allegiance	10:00 Pledge Allegiance
			10:05 Current Events	10:05-Lets Make a Deal/
			10:30 Senior Stretch	Bingo
			11:00 Church w/ Rev.	11:00 Carol Categories
			Glockner	11:30 Exercises
			1:00 Ron Jennings	1:00 Current Events
			2:00 Seated Exercises	1:30 Crafts
			3:00 Nails	2:00 Senior Aerobics
			3:00-5:00 Movie	3:30-5:00 Family Feud
			5:00-6:00 Person Centered	5:00-6:00 Person
			Activities	Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge Allegiance	
10:05 Lets Make a Deal/	10:05 Current Events	10:00 Name Two	10:05 Current Events	10:00 Pledge Allegiance
Bingo	10:30 Seated Exercises	11:00 Current Events	10:30 Exercises	10:05 Lets Make a Deal/
11:00 Current Events	11:00 A Holly Jolly	11:30 Exercises	11:00 Church w/ Rev.	Bingo
11:30 Exercises	Christmas Puzzle	1:00 A Christmas Carol	Glockner	11:00.
1:00 Zumba	1:00 Music Therapy	Clues	1:00 – 2:00 Balloon	
1:30-2:30 Marie	w/Catherine	1:30 Ball Toss	Volleyball	11:30 Exercises
Anderson	2:00 Aerobics	2:00 Keith Campbell	2:00 Exercises	1:00 Current Events
3:00-5:00 Movie	3:00-5:00 Walker Texas	3:00 Exercises	3:00 Nails	1:30 Reminiscing:
5:00-6:00 Person	Ranger	3:30-5:30 Movie	3:00-5:00 I Love Lucy	Favorite Christmas
Centered Activities	5:00-6:00- Person	5:30-6:00 Person	5:00-6:00 Person Centered	Memories
	Centered Activities	Centered Activities	Activities	2:00 Afternoon Stretches
				3:00-5:00 Movie
				5:00-6:00 Person
				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 Current Events	Allegiance/Current	10:05 Current Events	10:05 Lets Make a
10:00 Outing to Hotel	10:30 Chair Exercises	Events	10:30 Senior Stretch	Deal/Bingo
Roanoke to Festival of	11:00 Bible Study	10:00 Music Therapy	11:00 Church w/ Rev.	10:30 Chair Exercises
Trees	Reverend Meadows	w/Catherine	Glockner	11:00 Current Events
11:00 Current Events	1:00-2:00 Bingo	11:00 Guess It	1:00 Saxy Keys	11:30 Hangman
11:30 Exercises	2:00 Senior Stretches	11:30 Exercises	2:00 Chair Exercises	1:00-2:00 Parachute
1:00 What's in the	3:00-5:30 Movie	1:00 Ron Jennings	3:00 Nails	Games
Bag?	5:30-6:00 Person Centered	2:00 Zumba	3:00-5:00 Movie	2:00 Afternoon
1:30 Tai Chi w/Dink	Activities	3: 30-5:30 Family Feud	5:00-6:00 Person Centered	Workout
2:00 Balloon Volleyball		5:30-6:00 Person	Activities	3:00-5:00 Movie
3:00-5:00 The		Centered Activities		5:00-6:00 Person
Jeffersons				Centered Activities
5:00-6:00 Person				
Centered Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	22
1)	20	41	22	23
10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge Allegiance	23
	-			23
10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge Allegiance	23
10:00 Pledge Allegiance 10:05 Lets Make a	10:00 Pledge Allegiance 10:00 Current Events	10:00 Pledge Allegiance 10:05 Current Events	10:00 Pledge Allegiance 10:05 Current Events	
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo	10:00 Pledge Allegiance10:00 Current Events10:30 Chair Exercises	10:00 Pledge Allegiance 10:05 Current Events 11:00 Name Red, Green	10:00 Pledge Allegiance10:05 Current Events10:30 Senior Stretch	Center Closed
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events	10:00 Pledge Allegiance 10:00 Current Events 10:30 Chair Exercises 11:00 Trivia	10:00 Pledge Allegiance 10:05 Current Events 11:00 Name Red, Green Items	10:00 Pledge Allegiance 10:05 Current Events 10:30 Senior Stretch 11:00 Church w/ Rev.	
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises	10:00 Pledge Allegiance 10:00 Current Events 10:30 Chair Exercises 11:00 Trivia 11:30 Guess It	10:00 Pledge Allegiance 10:05 Current Events 11:00 Name Red, Green Items 11:30 Exercises	10:00 Pledge Allegiance 10:05 Current Events 10:30 Senior Stretch 11:00 Church w/ Rev. Glockner	
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Name Three	10:00 Pledge Allegiance 10:00 Current Events 10:30 Chair Exercises 11:00 Trivia 11:30 Guess It 1:00 Music Therapy	10:00 Pledge Allegiance 10:05 Current Events 11:00 Name Red, Green Items 11:30 Exercises 1:00 Bingo	10:00 Pledge Allegiance 10:05 Current Events 10:30 Senior Stretch 11:00 Church w/ Rev. Glockner 1:00 Balloon Volleyball	
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Name Three 1:30 Crafts	10:00 Pledge Allegiance 10:00 Current Events 10:30 Chair Exercises 11:00 Trivia 11:30 Guess It 1:00 Music Therapy w/Catherine	10:00 Pledge Allegiance 10:05 Current Events 11:00 Name Red, Green Items 11:30 Exercises 1:00 Bingo 2:00 Zumba	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	
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Name Three 1:30 Crafts 2:00 Senior Stretches	10:00 Pledge Allegiance 10:00 Current Events 10:30 Chair Exercises 11:00 Trivia 11:30 Guess It 1:00 Music Therapy w/Catherine 2:00 Senior Stretches	10:00 Pledge Allegiance 10:05 Current Events 11:00 Name Red, Green Items 11:30 Exercises 1:00 Bingo 2:00 Zumba 3: 30-5:30 Family Feud	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 Christmas Party	
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Name Three 1:30 Crafts 2:00 Senior Stretches 3:00-5:00 Andy Griffith	10:00 Pledge Allegiance 10:00 Current Events 10:30 Chair Exercises 11:00 Trivia 11:30 Guess It 1:00 Music Therapy w/Catherine 2:00 Senior Stretches 3:00-5:30 Movie	10:00 Pledge Allegiance 10:05 Current Events 11:00 Name Red, Green Items 11:30 Exercises 1:00 Bingo 2:00 Zumba 3: 30-5:30 Family Feud 5:30-6:00 Person	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 Christmas Party 3:00 Nails	
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Name Three 1:30 Crafts 2:00 Senior Stretches 3:00-5:00 Andy Griffith Show	10:00 Pledge Allegiance 10:00 Current Events 10:30 Chair Exercises 11:00 Trivia 11:30 Guess It 1:00 Music Therapy w/Catherine 2:00 Senior Stretches 3:00-5:30 Movie 5:30-6:00 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 11:00 Name Red, Green Items 11:30 Exercises 1:00 Bingo 2:00 Zumba 3: 30-5:30 Family Feud 5:30-6:00 Person	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 Christmas Party 3:00 Nails 3:00-5:00 Movie	
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10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Name Three 1:30 Crafts 2:00 Senior Stretches 3:00-5:00 Andy Griffith Show 5:00-6:00 Person	10:00 Pledge Allegiance 10:00 Current Events 10:30 Chair Exercises 11:00 Trivia 11:30 Guess It 1:00 Music Therapy w/Catherine 2:00 Senior Stretches 3:00-5:30 Movie 5:30-6:00 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 11:00 Name Red, Green Items 11:30 Exercises 1:00 Bingo 2:00 Zumba 3: 30-5:30 Family Feud 5:30-6:00 Person	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 Christmas Party 3:00 Nails 3:00-5:00 Movie 5:00-6:00 Person Centered	

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
Center Closed	10:00 Pledge Allegiance 10:05 Current Events 10:30 Chair Exercises 11:00 Bible Study w/Reverend Meadows 11:30 Remembering 2:00 Keith Campbell 2:00 Senior Stretches 3:00-5:30 Movie 5:30-6:00 Person Centered Activities	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	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 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 11:00 11:30 Exercises 1:00 Current Events 1:30 Crafts 2:00 New Year's Eve/Birthday Party 3:00-5:00 Movie 5:00-6:00 Person Centered Activities