



Adult Care Center of Roanoke Valley Activity Calendar December 2022



DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Meals (see attached menu) 9:30 AM – Breakfast 12 Noon – Lunch 2:30 PM – Snack</p> <hr style="border: 0.5px solid 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</p>	<p style="text-align: center;">The Caregiver’s Support Group is held the 2nd Tuesday of every month! Save the date of Tuesday, December 13th 1:30 – 3 pm. Held at ACCRV Conference Room. Contact Ruth Parsons if you have any questions.</p>		<p style="text-align: center;">Monday, December 12th, Leave 10 am</p> <p>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!</p> 	 <p style="text-align: center;">Happy New Year!</p> <p style="text-align: center;">Happy New Year’s Party Friday December 30th 2 p.m.</p> <p style="text-align: center;">Wear a festive or favorite hat to the party!</p>

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

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