

Adult Care Center of Roanoke Valley Activity Calendar January 2023



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/> <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, January 10th 1:30 – 3 pm. Held at ACCRV Conference Room. Contact Ruth Parsons if you have any questions.</p>			

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CENTER CLOSED	10:00 Pledge Allegiance 10:05 Current Events 10:30 Seated Exercises 11:00 Name Two 1:00 Music Therapy 2:00 Zumba 3:00-5:00 Walker Texas Ranger 5:00-6:00- Person Centered Activities	10:00 Pledge Allegiance 10:05 Bingo 11:00 Current Events 11:30 Exercises 1:00 Balloon Toss 2:00 Hangman 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 Senior Stretch 11:00 Church w/ Rev. Glockner 1:00 – 2:00 Horseracing 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 Basketball 11:30 Exercises 1:00 Current Events 1:30 Travelogue: Alaska 2:00 Exercises 3:30-5:00 Family Feud 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Exercises 11:30 Current Events 1:00 Senior Aerobics 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 Bible Study w/Reverend Meadows 1:00 Word Games 2:00 Zumba 3:00-5:00 Walker Texas Ranger 5:00-6:00- Person Centered Activities	10:00 Pledge Allegiance 10:00 Music Therapy w/Catherine 11:00 Current Events 11:30 Exercises 1:00 What's in the Bag? 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 Corn Hole 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 Name Christmas Songs 11:30 Exercises 1:00 Current Events 1:30 Crafts 2:00 Seated Exercises 3:00-5:00 Movie 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday

16	17	18	19	20
10:00 Pledge Allegiance 10:05 Lets Make a Deal/ Bingo 11:00 Current Events 11:30 Exercises 1:00 Trivia 1:30 Senior Aerobics 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 Make New Year's Resolutions 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 11:00 Crafts 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 1:15 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 Name Two 1:00 -2:00 Crafts 2:00 Afternoon Workout 3:00-5:00 Movie 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Tai Chi w/Dink 1:30-2:30 Crafts 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 Bible Study w/Reverend Meadows 11:30 Guess It 1:30 Name Three 2:00 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 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 10:30 Chair Exercises 11:00 Marc Baskin 1:00 Afternoon Workout 1:30 Current Events 2:00 Name Sports 2:30 Birthday Party 3:00-5:00 Movie 5:00-6:00 Person Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday

<p style="text-align: right;">30</p> <p>10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 11:00 Current Events 11:30 Exercises 1:00 Travelogue: Sweden 1:30 Tai Chi w/Dink 2:00 Basketball 3:00-5:00 Andy Griffith Show 5:00-6:00 Person Centered Activities</p>	<p style="text-align: right;">31</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Chair Exercises 11:00 Trivia 11:30 What Am I? 1:00 Music Therapy w/Catherine 2:00 Senior Stretches 3:00-5:30 Movie 5:30-6:00 Person Centered Activities</p>			
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