


# Adult Care Center of Roanoke Valley Activity Calendar February 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Meals (see attached menu)</b> <b>9:30 AM – Breakfast</b> <b>12 Noon – Lunch</b> <b>2:30 PM – Snack</b></p> <hr style="width: 20%; margin: 10px auto;"/> <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;"><b>The Caregiver’s Support Group is held the 2<sup>nd</sup> Tuesday of every month! Save the date of Tuesday, February 14<sup>th</sup> 1:30 – 3 pm. Held at ACCRV Conference Room. Contact Ruth Parsons if you have any questions.</b></p>	<div style="text-align: center;">  </div> <p style="text-align: center;">Join us for a <b>SUPERBOWL Party 2 p.m. on Thursday February 10, 2023. Wear your favorite Team Jersey</b></p>	<p style="text-align: center;">Valentine Dance February 14<sup>th</sup> 2:00 pm</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>Don Red or Pink Attire!</b></p>	<div style="text-align: center;">  </div>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<p style="text-align: right; margin-right: 5px;"><b>1</b></p> <p>10:00 Pledge Allegiance 10:05 Bingo</p>	<p style="text-align: right; margin-right: 5px;"><b>2</b></p> <p>10:00 Pledge Allegiance 10:05 Current Events</p>	<p style="text-align: right; margin-right: 5px;"><b>3</b></p> <p>10:00 Pledge Allegiance</p>

		<b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Balloon Toss <b>2:00</b> Hangman <b>3:00</b> Exercises <b>3:30-5:30</b> Movie <b>5:30-6:00</b> Person Centered Activities	<b>10:30</b> Senior Stretch <b>11:00 Church w/ Rev. Glockner</b> <b>1:00 – 2:00</b> Horseracing <b>2:00</b> Seated Exercises <b>3:00</b> Nails <b>3:00-5:00</b> Movie <b>5:00-6:00</b> Person Centered Activities	<b>10:05-</b> Lets Make a Deal/ Bingo <b>11:00</b> History of Postal Service <b>11:30</b> Exercises <b>1:00</b> Current Events <b>1:30</b> Batch Categories <b>2:00</b> Exercises <b>3:30-5:00</b> Family Feud <b>5:00-6:00</b> Person Centered Activities
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>10:00</b> Pledge Allegiance <b>10:05</b> Lets Make a Deal/ Bingo <b>11:00</b> Exercises <b>11:30</b> Current Events <b>1:00</b> Senior Aerobics <b>1:30 Marie Anderson</b> <b>3:00-5:00</b> Movie <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Seated Exercises <b>11:00 Bible Study w/Reverend Meadows</b> <b>1:00 Music Therapy w/Catherine</b> <b>2:00</b> Zumba <b>3:00-5:00</b> Walker Texas Ranger <b>5:00-6:00-</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:00 Bingo</b> <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> What's in the Bag? <b>2:00</b> Family Feud Game <b>3:00</b> Exercises <b>3:30-5:30</b> Movie <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Exercises <b>11:00 Church w/ Rev. Glockner</b> <b>1:00</b> Explore Historic Places of Civil Rights Movement <b>2:00</b> Exercises <b>3:00</b> Nails <b>3:00-5:00</b> I Love Lucy <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Lets Make a Deal/ Bingo <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Name Red Items <b>1:30</b> Seated Exercises <b>2:00 SuperBowl Party/Ron Downing</b> <b>3:00-5:00</b> Movie <b>5:00-6:00</b> Person Centered Activities
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>

<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>10:00</b> Pledge Allegiance <b>10:05</b> Lets Make a Deal/ Bingo <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Trivia <b>1:30</b> Senior Aerobics <b>2:00 Keith Campbell</b> <b>3:00-5:00</b> The Jeffersons <b>5:00-6:00</b> Person Centered Activities	<b>Wear Red or Pink</b> <b>Happy Valentine's Day</b> <b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Chair Exercises <b>11:00 Remembering</b> Presidents <b>11:30</b> Thorn Categories <b>1:00 Senior Stretches</b> <b>2:00 Valentines Day</b> <b>Dance</b> <b>3:00-5:30</b> Movie <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance/Music Therapy w/Catherine <b>11:00</b> Crafts <b>11:30</b> Exercises <b>1:00</b> Bingo <b>2:00</b> Zumba/Current Events <b>3: 30-5:30</b> Family Feud <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Senior Stretch <b>11:00 Church w/ Rev.</b> <b>Glockner</b> <b>1:15 Saxy Keys</b> <b>2:00</b> Chair Exercises <b>3:00</b> Nails <b>3:00-5:00</b> Movie <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Lets Make a Deal/Bingo <b>10:30</b> Chair Exercises <b>11:00</b> Current Events <b>11:30</b> Name Two <b>1:00 -2:00</b> Crafts <b>2:00</b> Afternoon Workout <b>3:00-5:00</b> Movie <b>5:00-6:00</b> Person Centered Activities
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>President' Day</b> <b>10:00</b> Pledge Allegiance <b>10:05</b> Lets Make a Deal/Bingo <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00 Tai Chi w/Dink</b> <b>1:30-2:30</b> Crafts <b>3:00-5:00</b> Andy Griffith Show <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Chair Exercises <b>11:00 Bible Study</b> <b>w/Reverend Meadows</b> <b>11:30</b> Marie Anderson and Lincoln Memorial 12:45 Music Therapy w/Catherine <b>1:30</b> Name Three <b>2:00 Ron Downing</b> <b>3:00-5:30</b> Movie <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Crafts <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Bingo <b>2:00</b> Zumba <b>3: 30-5:30</b> Family Feud <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Senior Stretch <b>11:00 Church w/ Rev.</b> <b>Glockner</b> <b>1:00</b> Balloon Volleyball <b>2:00</b> Chair Exercises <b>3:00</b> Nails <b>3:00-5:00</b> Movie <b>5:00-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance <b>10:05</b> Lets Make a Deal/Bingo <b>10:30</b> Chair Exercises <b>11:00</b> Marc Baskin <b>1:00</b> Afternoon Workout <b>1:30</b> Current Events <b>2:00</b> Name Sports <b>2:30 Birthday Party</b> <b>3:00-5:00</b> Movie <b>5:00-6:00</b> Person Centered Activities
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>

<p style="text-align: right;"><b>27</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Lets Make a Deal/Bingo  <b>11:00</b> Current Events  <b>11:30</b> Exercises  <b>1:00</b> Remembering Love Songs  <b>1:30 Tai Chi w/Dink</b>  <b>2:00</b> Basketball  <b>3:00-5:00</b> Andy Griffith Show  <b>5:00-6:00</b> Person Centered Activities</p>	<p style="text-align: right;"><b>28</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Chair Exercises  <b>11:00</b> February IQ  <b>11:30</b> What Am I?  <b>1:00 Music Therapy w/Catherine</b>  <b>2:00</b> Senior Stretches  <b>3:00-5:30</b> Movie  <b>5:30-6:00</b> Person Centered Activities</p>			
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