



# Adult Care Center of Roanoke Valley Activity Calendar March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Meals (see attached menu) 9:30 AM – Breakfast 12 Noon – Lunch 2:30 PM – Snack</b></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;"><b>The Caregiver’s Support Group is held the 2<sup>nd</sup> Tuesday of every month! Save the date of Tuesday, March 14th 1:30 – 3 pm. Held at ACCRV Conference Room. Contact Ruth Parsons if you have any questions.</b></p>		<div style="text-align: center;">  <p><b>Join us for a Shamrock and Leprechaun Scavenger Hunt on Friday, March 17<sup>th</sup> from 1-2 pm.</b></p> </div>	<p style="text-align: center;"><b>Please wear green!</b></p> <p style="text-align: center;"><b>St. Patrick’s Day Party Thursday, March 16<sup>th</sup> 1:15 pm</b></p> <p style="text-align: center;"><b>Music by Saxy Keys</b></p> <div style="text-align: center;">  </div>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>1</b>	<b>2</b>	<b>3</b>
		<b>10:00</b> Pledge Allegiance <b>10:05 Bingo/Music Therapy w/Catherine</b> <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>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <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>10:00</b> Pledge Allegiance <b>10:05-Lets Make a Deal/ Bingo</b> <b>11:00</b> March IQ <b>11:30</b> Exercises <b>1:00</b> Current Events <b>1:30</b> Chips and Dips Word Game <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/Pastor 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 Exercises</b> <b>2:00 Ron Downing</b> <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 Green Items <b>1:30</b> Seated Exercises <b>2:00</b> Goats Categories <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> Tai Chi w/Dink <b>2:00</b> Word Builder <b>3:00-5:00</b> The Jeffersons <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</b> We're All Irish on St. Patrick's Day <b>11:30</b> My Favorite Color & Why <b>1:00</b> Senior Stretches <b>2:00</b> Having Fun with Limericks <b>3:00-5:30</b> Movie <b>5:30-6:00</b> Person Centered Activities	<b>10:00</b> Pledge Allegiance/Music <b>Therapy w/Catherine</b> <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</b> Church w/ Rev. <b>Glockner</b> <b>1:15</b> Saxy Keys/St <b>Patrick's Day Party</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>St. Patrick's Day</b> <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> <b>Shamrock/Leprechan</b> <b>Scavenger Hunt</b> <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>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> Basketball <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</b> Bible Study with <b>Pastor Meadows</b> <b>11:30</b> Travelogue: Ireland <b>1:00</b> Corn Hole <b>1:30</b> Name Three <b>2:00</b> Remember 1950s <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</b> Church w/ Rev. <b>Glockner</b> <b>1:00</b> Balloon Volleyball <b>2:00</b> Ron Downing <b>3:00</b> Exercises <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 Baskins <b>1:00</b> Afternoon Workout <b>1:30</b> Current Events <b>2:00</b> Name Countries <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>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</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> Remembering <b>1:30</b> Tai Chi w/Dink <b>2:00</b> Golf <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</b> Council Meeting <b>11:30</b> What Am I? <b>1:00</b> Zumba <b>1:30</b> Name A-Z <b>2:00</b> Keith Campbell <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</b> Church w/ Rev. Glockner <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> What's in the Bag? <b>1:00</b> Afternoon Workout <b>1:30</b> Current Events <b>2:00</b> Name Spring Flowers <b>2:30</b> Birthday Party <b>3:00-5:00</b> Movie <b>5:00-6:00</b> Person Centered Activities