Adult Care Center of Roanoke Valley Activity Calendar March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
Meals (see attached menu) 9:30 AM - Breakfast 12 Noon - Lunch 2:30 PM - Snack 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	The Caregiver's Support Group is held the 2 nd 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.		Join us for a Shamrock and Leprechaun Scavenger Hunt on Friday, March 17th from 1-2 pm.	Please wear green! St. Patrick's Day Party Thursday, March 16 th 1:15 pm Music by Saxy Keys

Monday	Tuesday	Wednesday	Thursday	Friday
_		1	2	3
		10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge Allegiance
		10:05 Bingo/Music	10:05 Current Events	10:05-Lets Make a Deal/
		Therapy w/Catherine	10:30 Senior Stretch	Bingo
		11:00 Current Events	11:00 Church w/ Rev.	11:00 March IQ
		11:30 Exercises	Glockner	11:30 Exercises
		1:00 Balloon Toss	1:00 – 2:00 Horseracing	1:00 Current Events
		2:00 Hangman	2:00 Seated Exercises	1:30 Chips and Dips
		3:00 Exercises	3:00 Nails	Word Game
		3:30-5:30 Movie	3:00-5:00 Movie	2:00 Exercises
		5:30-6:00 Person	5:00-6:00 Person Centered	3:30-5:00 Family Feud
		Centered	Activities	5:00-6:00 Person
		Activities		Centered Activities
Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
10:00 Pledge Allegiance	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 Bingo	10:05 Current Events	10:05 Lets Make a Deal/
Bingo	10:30 Seated Exercises	11:00 Current Events	10:30 Exercises	Bingo
11:00 Exercises	11:00 Bible Study	11:30 Exercises	11:00 Church w/ Rev.	11:00 Current Events
11:30 Current Events	w/Pastor Meadows	1:00 What's in the Bag?	Glockner	11:30 Exercises
1:00 Senior Aerobics	1:00 Music Therapy	2:00 Family Feud Game	1:00 Exercises	1:00 Name Green Items
1:30 Marie Anderson	w/Catherine	3:00 Exercises	2:00 Ron Downing	1:30 Seated Exercises
3:00-5:00 Movie	2:00 Zumba	3:30-5:30 Movie	3:00 Nails	2:00 Goats Categories
5:00-6:00 Person	3:00-5:00 Walker Texas	5:30-6:00 Person	3:00-5:00 I Love Lucy	3:00-5:00 Movie
Centered Activities	Ranger	Centered Activities	5:00-6:00 Person Centered	5:00-6:00 Person
	5:00-6:00- Person		Activities	Centered Activities
	Centered Activities			
Monday	Tuesday	Wednesday	Thursday	Friday

13	14		16	17
10:00 Pledge Allegiance		15	10:00 Pledge Allegiance	St. Patrick's Day
10:05 Lets Make a Deal/	10:00 Pledge Allegiance	10:00 Pledge	10:05 Current Events	10:00 Pledge Allegiance
Bingo	10:05 Current Events	Allegiance/ Music	10:30 Senior Stretch	10:05 Lets Make a
11:00 Current Events	10:30 Chair Exercises	Therapy w/Catherine	11:00 Church w/ Rev.	Deal/Bingo
11:30 Exercises	11:00 We're All Irish on	11:00 Crafts	Glockner	10:30 Chair Exercises
1:00 Trivia	St. Patrick's Day	11:30 Exercises	1:15 Saxy Keys/St	11:00 Current Events
1:30 Tai Chi w/Dink	11:30 My Favorite Color	1:00 Bingo	Patrick's Day Party	11:30 Name Two
2:00 Word Builder	& Why	2:00 Zumba/Current	2:00 Chair Exercises	1:00 -2:00
3:00-5:00 The	1:00 Senior Stretches	Events	3:00 Nails	Shamrock/Leprechan
Jeffersons	2:00 Having Fun with	3: 30-5:30 Family Feud	3:00-5:00 Movie	Scavenger Hunt
5:00-6:00 Person	Limericks	5:30-6:00 Person	5:00-6:00 Person Centered	2:00 Afternoon
Centered Activities	3:00-5:30 Movie	Centered Activities	Activities	Workout
	5:30-6:00 Person Centered			3:00-5:00 Movie
	Activities			5:00-6:00 Person
				Centered Activities
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Monday	Tuesday	Wednesday	Thursday	Friday
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	•	•	10:00 Pledge Allegiance	24 10:00 Pledge Allegiance
	21	22	23	24
20	21 10:00 Pledge Allegiance	22 10:00 Pledge Allegiance	10:00 Pledge Allegiance	24 10:00 Pledge Allegiance
20 10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo	10:00 Pledge Allegiance 10:05 Current Events 10:30 Chair Exercises 11:00 Bible Study with	10:00 Pledge Allegiance 10:05 Crafts	10:00 Pledge Allegiance 10:05 Current Events	10:00 Pledge Allegiance 10:05 Lets Make a
10:00 Pledge Allegiance 10:05 Lets Make a	10:00 Pledge Allegiance 10:05 Current Events 10:30 Chair Exercises 11:00 Bible Study with Pastor Meadows	10:00 Pledge Allegiance 10:05 Crafts 11:00 Current Events 11:30 Exercises 1:00 Bingo	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
20 10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo	10:00 Pledge Allegiance 10:05 Current Events 10:30 Chair Exercises 11:00 Bible Study with Pastor Meadows 11:30 Travelogue:	10:00 Pledge Allegiance 10:05 Crafts 11:00 Current Events 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	10:00 Pledge Allegiance 10:05 Lets Make a Deal/Bingo 10:30 Chair Exercises 11:00 Marc Baskins 1:00 Afternoon Workout
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27	28	29	30	31
10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge Allegiance	10:00 Pledge Allegiance
10:05 Lets Make a	10:05 Current Events	10:05 Crafts	10:05 Current Events	10:05 Lets Make a
Deal/Bingo	10:30 Chair Exercises	11:00 Current Events	10:30 Senior Stretch	Deal/Bingo
11:00 Current Events	11:00 Council Meeting	11:30 Exercises	11:00 Church w/ Rev.	10:30 Chair Exercises
11:30 Exercises	11:30 What Am I?	1:00 Bingo	Glockner	11:00 What's in the Bag?
1:00 Remembering	1:00 Zumba	2:00 Zumba	1:00 Balloon Volleyball	1:00 Afternoon Workout
1:30 Tai Chi w/Dink	1:30 Name A-Z	3: 30-5:30 Family Feud	2:00 Chair Exercises	1:30 Current Events
2:00 Golf	2:00 Keith Campbell	5:30-6:00 Person	3:00 Nails	2:00 Name Spring
3:00-5:00 Andy Griffith	3:00-5:30 Movie	Centered Activities	3:00-5:00 Movie	Flowers
Show	5:30-6:00 Person Centered		5:00-6:00 Person Centered	2:30 Birthday Party
5:00-6:00 Person	Activities		Activities	3:00-5:00 Movie
Centered Activities				5:00-6:00 Person
				Centered Activities