
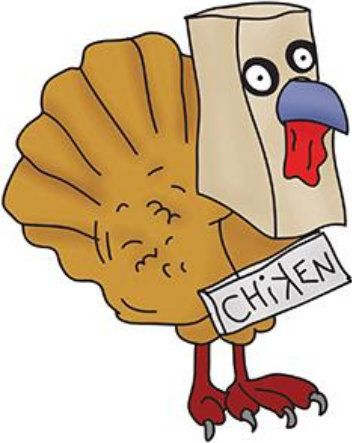








**Adult Care Center of Roanoke Valley  
Activity Calendar November 2023**

# November

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Meals</b> <b>(See attached menu)</b> <b>9:30 AM – Breakfast</b> <b>12 Noon – Lunch</b> <b>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><b>The Caregiver’s Support Group is held the 2<sup>nd</sup> Tuesday of every month!</b> <b>Save the date of Tuesday, November 14th</b> <b>1:30 – 3 pm. Held at ACCRV Conference Room.</b> <b>Contact Pam Phipps if you have any questions.</b></p>			

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;"><b>1</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Tai Chi  <b>11:00</b> One-Done Dice  <b>11:30</b> Card Games  <b>1:00</b> Exercise  <b>1:30</b> Board Games for Wellness  <b>2:00</b> Games Trivia  <b>3:00</b> Jumanji Movie  <b>5:00</b> Person Centered</p> <p style="text-align: center;"><b>International Game Day</b></p> <p style="text-align: center;"><b>No Shave November Begins!</b></p>	<p style="text-align: right;"><b>2</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Church Service  <b>11:30</b> Exercises  <b>1:00</b> Exercises  <b>1:30</b> EZ does it Trivia  <b>3:00</b> Nails  <b>3:00</b> My Best Friend's Wedding Movie  <b>5:00-6:00</b> Person Centered Activities</p> <p style="text-align: center;"><b>Men make dinner day!</b></p> <p style="text-align: center;"><b>Deviled Egg Day!</b></p>	<p style="text-align: right;"><b>3</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> BINGO  <b>11:30</b> Dance Exercise  <b>1:00</b> "Twister" Exercise  <b>1:30</b> Star of the Month  <b>2:00</b> Corn Hole  <b>3:00</b> Wizard of Oz Movie  <b>5:00-6:00</b> Person Centered Activities</p> <p style="text-align: center;"><b>National Sandwich Day!</b></p> <p style="text-align: center;"><b>Wizard of Oz Day!</b></p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>6</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>11:00</b> Balloon Volleyball  <b>11:30</b> Exercises  <b>1:00</b> Marie Anderson  <b>2:00</b> Basketball Exercise  <b>3:00</b> Like Mike- Movie  <b>5:00</b> Person Centered Activities</p> <p style="text-align: center;"><b>Hoops Day</b></p>	<p style="text-align: right;"><b>7</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> BINGO  <b>11:30</b> Exercises  <b>1:00</b> Music Therapy w/Dance Exercise  <b>2:00</b> "Dear Santa" Letters  <b>3:00</b> VOTE word game  <b>3:30</b> White House Down Movie  <b>5:30</b> Person Centered</p> <p style="text-align: center;"><b>Election Day!</b></p>	<p style="text-align: right;"><b>8</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>11:00</b> Tongue Twisters  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Random Trivia  <b>2:00</b> Parachute Ball  <b>3:00</b> Steel Magnolias Movie  <b>5:00</b> Person Centered</p> <p style="text-align: center;"><b>Tongue Twister Day!</b></p>	<p style="text-align: right;"><b>9</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current events  <b>10:30</b> Church Service  <b>11:30</b> Exercise  <b>1:00</b> BINGO  <b>2:00</b> Karaoke/Dance Exercise  <b>3:00</b> Nails  <b>3:00</b> Woody Woodpecker Movie  <b>5:00</b> Person Centered</p> <p style="text-align: center;"><b>Nuts about PB Day!</b></p>	<p style="text-align: right;"><b>10</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>11:00</b> Veteran's Day Discussion  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> A Matter of Honor  <b>2:00</b> History of US of VA  <b>3:00</b> American Sniper (Movie)  <b>5:00</b> Person Centered</p> <p style="text-align: center;"><b>Vanilla Cupcake Day!</b></p>

<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> BINGO <b>11:00</b> Current Events <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> Wacky Wordz <b>2:00</b> Play Family Feud (printed out) <b>3:00</b> Fantasia Movie <b>5:00</b> Person Centered  <b>World Kindness Day!</b> <b>Fantasia Anniversary!</b>	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>11:00</b> Parachute Ball <b>11:30</b> Exercise <b>1:00</b> <b>Music Therapy w/Catherine</b> <b>2:00</b> Exercise <b>3:00</b> The Bounty Hunter Movie <b>5:00</b> Person Centered <b>PJ Party Day!</b> <b>Favorite Teddy Bear Day</b> <b>Pickle Day!</b>	<b>10:00</b> Pledge Allegiance <b>10:05</b> <b>Tai Chi</b> <b>11:00</b> Battles that changed history <b>11:30</b> Current Events <b>1:00</b> BINGO <b>2:00</b> Exercise <b>3:00</b> E.T. Movie <b>5:30</b> Person Centered  <b>Lovely Leftovers Day!</b>	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> <b>Church Service</b> <b>11:30</b> Exercise <b>1:00</b> <b>Sexy Key</b> <b>2:00</b> Exercise <b>3:00</b> Nails <b>3:00</b> Back to the future movie <b>5:30</b> Person Centered  <b>Fast Food Day!</b> <b>Nuts about Nuts Day!</b>	<b>10:00</b> Pledge Allegiance <b>10:05</b> BINGO <b>11:00</b> Current Events <b>11:30</b> Exercise <b>12:00</b> <b>Thanksgiving meal</b> <b>1:00</b> Exercise <b>1:30</b> Would you rather (Men's edition) <b>2:00</b> HIKE word game <b>3:00</b> Praise this (movie) <b>5:00</b> Person Centered  <b>World Peace Day!</b> <b>Take a Hike day!</b>
<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> BINGO <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Noodle Ball Exercise <b>1:30</b> Scrabble <b>3:00</b> Fool's Gold Movie <b>5:00</b> Person Centered  <b>Memorabilia Day!</b>  <b>National Absurdity Day!</b>	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Unexpected Blessings <b>11:00</b> Turkey Day Trivia <b>11:30</b> Exercise <b>1:00</b> <b>Music Therapy w/Catherine</b> <b>2:00</b> Exercise <b>2:30</b> <b>Participant Council</b> <b>3:00</b> The Never-ending story (Movie) <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>11:00</b> Evolution of Stuffing <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> Wish upon a bone <b>2:00</b> Thanksgiving Humor <b>3:00</b> 6 days 7 nights Movie <b>5:00</b> Person Centered  <b>Pumpkin Pie Day!</b>	<b>CLOSED FOR HOLIDAY!</b>  	<b>CLOSED FOR HOLIDAY!</b>  

<p style="text-align: right;"><b>27</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Best Cider Recipes  <b>11:00</b> Balloon Volleyball  <b>11:30</b> Dance/Exercise  <b>1:00</b> Exercise  <b>1:30</b> One-Done Dice  <b>2:00</b> Jeopardy Trivia  <b>3:00</b> Singin in the rain movie  <b>5:00</b> Person Centered</p> <p style="text-align: center;"><b>Cider Monday!</b></p>	<p style="text-align: right;"><b>28</b></p> <p><b>Talk Turkey Tuesday!</b>  <b>10:00</b> Pledge Allegiance  <b>10:05</b> BINGO  <b>11:00</b> Current Events  <b>11:30</b> Exercise  <b>1:00</b> <b>Keith Campbell Music</b>  <b>2:00</b> "Twister" Exercise  <b>3:00</b> Crocodile Dundee movie  <b>5:00</b> Person Centered</p> <p style="text-align: center;"><b>Appetizers Day!</b></p> <p style="text-align: center;"><b>Puzzles and prizes Day!</b></p>	<p style="text-align: right;"><b>29</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> <b>SCENIC OUTING</b>  <b>10:30</b> Connect 4  <b>11:00</b> Bucket Pong  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Dance party  <b>2:00</b> More Jeopardy Trivia  <b>3:00</b> Runaway Bride Movie  <b>5:00</b> Person centered</p> <p style="text-align: center;"><b>Square dance and Do-Si-Do Day!</b></p>	<p style="text-align: right;"><b>30</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current events  <b>10:30</b> <b>Church Service</b>  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> BINGO  <b>3:00</b> Rookie of the Year movie  <b>5:00</b> Person Centered</p> <p style="text-align: center;"><b>Softball's Birthday!</b></p> <p style="text-align: center;"><b>Favorite Cookbook Day!</b></p> <p style="text-align: center;"><b>Crazy hat day!</b></p>	
--	--	--	--	---