







**Adult Care Center of Roanoke Valley
Activity Calendar February 2024**

February

Monday	Tuesday	Wednesday	Thursday	Friday
<p 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 Page</p>	<p align="center">The Caregiver's Support Group is held the 2nd Tuesday of every month! Save the date of Tuesday, February 13th 1:30 - 3 pm. Held at ACCRV Conference Room. Contact Pam Phipps if you have any questions.</p>	<p align="center"></p>	<p align="center"> BLACK HISTORY MONTH</p>	<p align="center"> Friendship Month</p>

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: right;">1</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Church Service 11:30 Hot Potato Exercise 1:00 Exercise 1:30 Make grass skirts 2:00 Read Monthly Gazette 3:00 What am I? 3:30 Movie: Rip Girls 5:30 Person Centered</p> <p style="text-align: center;">(See Dress Up Dates)</p>	<p style="text-align: right;">2</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 BINGO 11:30 Exercise 1:00 Exercise 1:30 Who Am I? 2:00 Groundhog info and trivia 3:00 Movie: Balto 5:00 Person Centered</p> <p style="text-align: center;">National Wear Red Day!</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">5</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Who am I? 11:00 Soccer Exercises 11:30 Make expression hearts 1:00 Balloon Volleyball Exercise 1:30 Discuss Breakfast of Champions 2:00 EZ does it Trivia 3:00 Movie: Beauty and the Beast 5:00 Person Centered</p>	<p style="text-align: right;">6</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 BINGO 11:30 Exercises 1:00 Music Therapy 2:00 Exercises 3:00 Chopsticks Game 3:30 Lindbergh's Trivia 4:00 Watch M*A*S*H 6:00 Person Centered</p> <p style="text-align: center;">B.J. Honeycutt Day!</p> <p style="text-align: center;">Babe Ruth Day!</p> <p style="text-align: center;">Chopsticks Day!</p>	<p style="text-align: right;">7</p> <p>10:00 Pledge Allegiance 10:05 Current Events 11:00 Exercise 11:30 Wiser Now Wednesday 1:00 Hot Potato Exercise 1:30 Beatles Trivia 2:00 Finish the song title 3:00 Beatles Matching game & and Valentine's Craft 3:30 Beat Shazam! 5:30 Person Centered</p> <p style="text-align: center;">Wear Green and Yellow (John Deere Day)</p>	<p style="text-align: right;">8</p> <p>10:00 Pledge Allegiance 10:00 Bowling Outing! 10:05 Current events 10:30 Church Service 11:30 Exercise: Laughter Yoga 1:00 Exercise 1:30 BINGO 3:00 What's your favorite Joke? 3:00 Nails 3:30 The Proposal 5:30 Person Centered Laughter is the best medicine day!</p>	<p style="text-align: right;">9</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Facts about Potatoes 11:30 Noodle Ball Exercise 1:00 Exercise 1:30 Who is Satchel Paige? 2:00 Fun facts about Pizza 3:00 Movie: Happy Gilmore 5:00 Person Centered</p>

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
10:00 Pledge Allegiance 10:05 Current events 10:30 BINGO 11:30 Exercise 1:00 Exercise 1:30 Black History Month Trivia 2:00 Easy Pickins' Band! 3:00 Random Trivia 3:30 Movie: Central Intelligence 5:30 Person Centered (See Dress Up Dates) NAACP Anniversary!	10:00 Pledge Allegiance 10:05 Current Events 10:30 Self love craft 11:00 Cat jokes and stories 11:30 Exercise- Move and Groove Mardi Gras! 1:00 Music Therapy 2:00 Exercise 3:00 History of Chopsticks 3:30 Movie: Annie 5:30 Person Centered Mardi Gras! (See Dress Up Dates)	10:00 Pledge Allegiance 10:05 Current Events 10:30 BINGO 11:30 Exercise 1:00 Exercise 1:30 What is Ash Wednesday and Mining game 2:00 Exchange Valentines 3:00 What is Lent? 3:30 Movie: Sweet Home Alabama 5:30 Person Centered Ash Wednesday! Valentine's Day!	10:00 Pledge Allegiance 10:05 Current Events 10:30 Church Service 11:30 Exercise 1:00 Saxy Keys 2:00 Exercise 3:00 Nails 3:00 Fun Hippo Facts 3:15 Movie: Radio 5:15 Person Centered Susan B. Anthony Day! National Hippo Day! Annoy your boss day!	10:00 Pledge Allegiance 10:05 Current Events 10:30 Where am I? 11:30 Exercise 1:00 Exercise 1:30 911's history, interesting facts, crazy 911 call stories 3:00 Who am I? 3:30 Drive me crazy 5:30 Person Centered Girl Scout Cookie Day! Anniversary of first 911 call!
Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
10:00 Pledge Allegiance 10:05 Current Events 10:30 Guess a letter 11:00 Nicknames of Presidents & breakfast habits 11:30 Congo Line Exercise 1:00 Exercise 1:30 Toys in cereal? 2:00 What am I? 3:00 Rookie of the Year 5:00 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 10:30 BINGO 11:30 Exercise 1:00 Music Therapy 2:00 Exercise 2:30 Participant Council 3:00 Cherry Tree Myth and Facts of Cherries 3:30 Movie: Mr. Mom 5:30 Person Centered	10:00 Pledge Allegiance 10:05 Current Events 10:05 Word Game and quote from first ladies! 11:00 Breakfast Trivia 11:30 Exercise 1:00 Exercise 1:30 Discuss Smokey Robinson 2:00 Timeline Trivia 3:00 The Color Purple 5:00 Person Centered	10:00 Pledge Allegiance 10:00 Scenic Outing! 10:05 Current Events 10:30 Church Service 11:30 Hot Potato Exercise 1:00 Exercises 1:30 BINGO 3:00 George Washington 3:30 Movie: LIFT 5:30 Person Centered Washington's Birthday!	10:00 Pledge Allegiance 10:05 Marc Baskins 11:00 Friendship Mining 11:30 Exercise 1:00 Exercise 1:30 13 traits of a good friend and discussions 2:00 Breakfast for the boys! 3:00 True or False Trivia 3:30 Movie: R.I.P.D. 5:30 Person Centered

<p style="text-align: right;">26</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 BINGO 11:30 Exercise to Johnny Cash Music 1:00 Exercise 1:30 Johnny Cash statue 2:00 Jeopardy Trivia 3:00 Trooper's Visiting 3:00 Discussion Cues 3:30 The Big Breakfast day 4:00 Movie: Walk the Line 6:00 Person Centered</p> <p style="text-align: center;">Johnny Cash Day! (See Dress Up Dates)</p>	<p style="text-align: right;">27</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Facts about Cowboys and Trivia 11:00 Not your first rodeo- Discuss & Recall 11:30 Exercise 1:00 Keith Campbell 2:00 Exercise 3:00 Interesting fact about farm animals 3:30 Movie: Mamma Mia 5:30 Person Centered</p> <p style="text-align: center;">National Retro Day! (See Dress Up Dates)</p> <p style="text-align: center;">National Rodeo Day!</p>	<p style="text-align: right;">28</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 BINGO 11:30 Exercise 1:00 Music Therapy 2:00 Exercise 3:00 More Jeopardy Trivia 3:30 Electricity Match and Rodeo Match 4:00 Movie: Fried Green Tomatoes 6:00 Person Centered</p>	<p style="text-align: right;">29</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Benefits of a big breakfast 11:00 Morning Funnies 11:30 Exercises 1:00 Exercises 1:30 Modern Jeopardy Trivia 2:00 DRIFT Categories 3:00 Nails 3:00 Secret Babe Ruth Quotes 3:30 Movie: Soul Surfer 5:30 Person Centered</p>	
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