





# Adult Care Center of Roanoke Valley Activity Calendar July 2024



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

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<p style="text-align: right;"><b>1</b></p> <p><b>10:00</b> Pledge  <b>10:05</b> Current Events and Monthly Gazette and BDay Poem  <b>10:30</b> You got served Word Search  <b>11:00</b> Tennis Vocab and History  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> July IQ and July BDay Poem  <b>2:00</b> Facts about Medicare  <b>3:00</b> Movie: Ghostbusters  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>2</b></p> <p><b>10:00</b> Pledge  <b>10:05</b> Current Events  <b>10:30</b> Famous 1<sup>st</sup> in Black History &amp; Color-Fill Puzzle  <b>11:00</b> Heroes of Civil Rights Movement &amp; Civil rights timeline  <b>11:30</b> Exercise  <b>1:00</b> <b>Music Therapy</b>  <b>2:00</b> Exercise  <b>3:00</b> Movie: The Bourne Identity  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>3</b></p> <p><b>10:00</b> Pledge  <b>10:05</b> Current Events  <b>10:30</b> Beat the heat word search  <b>11:00</b> The French Croissant  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> PEACH categories  <b>2:00</b> BINGO  <b>3:00</b> Movie: Stomp the yard  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>4</b></p> <p style="text-align: center;"><b>CLOSED FOR HOLIDAY</b></p> 	<p style="text-align: right;"><b>5</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Secret Beach Quote &amp; Catch some rays  <b>11:00</b> Arthur Ashe Quotes  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> David Farragut Info  <b>2:00</b> BINGO  <b>3:00</b> Movie: Praise This  <b>5:00</b> Person Centered</p>
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<p style="text-align: right;"><b>8</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Famous Colorful Names Word Search  <b>11:00</b> The Liberty Bell  <b>11:30</b> Soccer Exercises  <b>1:00</b> Balloon Volleyball Exercise  <b>1:30</b> Passports: Facts and how they work  <b>2:00</b> <b>Easy Pickins Band</b>  <b>3:00</b> Movie: Country Crush  <b>5:00</b> Person Centered</p> <p><b>Dress very colorful</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> Tom Hanks facts and Information  <b>11:00</b> Facts about cows and cows crossword  <b>11:30</b> Exercises  <b>1:00</b> <b>Music Therapy</b>  <b>2:00</b> Exercises  <b>3:00</b> BINGO  <b>3:30</b> Movie: Forrest Gump  <b>5:30</b> Person Centered</p>	<p style="text-align: right;"><b>10</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:00</b> <b>Scenic Outing</b>  <b>10:05</b> Current Events  <b>10:30</b> Teddy bear picnic &amp; STING categories  <b>11:00</b> Don't step on a bee day and Bee information  <b>11:30</b> Exercise  <b>1:00</b> Hot Potato Exercise  <b>1:30</b> What am I?  <b>2:00</b> Ice cream sundae Mining  <b>3:00</b> Movie: FENCES  <b>5:00</b> Person Centered  <b>Bring your favorite stuffed animal!</b></p>	<p style="text-align: right;"><b>11</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> History of golf &amp; Golf pass it on  <b>2:00</b> BINGO  <b>3:00</b> Movie: The wedding date  <b>3:00</b> Nails  <b>5:30</b> Person Centered</p>	<p style="text-align: right;"><b>12</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Facts about hot dogs and Hot diggity dog  <b>11:00</b> Noodle Ball Exercise  <b>11:30</b> Finish the song lyrics  <b>1:00</b> Exercise  <b>1:30</b> Motorcycle slang  <b>2:00</b> Painting with water  <b>3:00</b> Watch Family Feud  <b>5:00</b> Person Centered</p>

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<p style="text-align: right;"><b>15</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current events  <b>10:30</b> National gummy worm day  <b>11:00</b> Super shopper puzzle  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Corn hole  <b>2:00</b> BINGO  <b>3:00</b> Movie: Kiss the bride  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>16</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Talkin' Baseball  <b>11:00</b> Try to hula hoop and make snakes from modeling clay  <b>11:30</b> Exercise  <b>1:00</b> <b>Music Therapy</b>  <b>2:00</b> Scarlet Red Mining  <b>3:00</b> Exercise  <b>3:30</b> Movie: RV  <b>5:30</b> Person Centered</p>	<p style="text-align: right;"><b>17</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Phyllis Diller's one-liners  <b>11:00</b> Benefits of beans  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Play Family Feud  <b>2:00</b> BINGO  <b>2:30</b> <b>Participant Counsel</b>  <b>3:00</b> Movie: The High Note  <b>5:30</b> Person Centered</p>	<p style="text-align: right;"><b>18</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> Mixed up Titanic and Nelson Mandela info  <b>1:30</b> Sour things facts &amp; Warning Poem &amp; The scoop on ice cream  <b>2:00</b> Exercise  <b>3:00</b> Nails  <b>3:00</b> Movie: Mr. Monk's last case  <b>5:30</b> Person Centered</p>	<p style="text-align: right;"><b>19</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Blue words and expressions  <b>11:00</b> Chess and Checkers  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Tic-Tac-Toe  <b>2:00</b> BINGO  <b>3:00</b> Movie: Shooting stars  <b>5:30</b> Person Centered</p>
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<p style="text-align: right;"><b>22</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> History of Comic-Cons in U.S.  <b>11:00</b> Connect 4  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Red shoe day  <b>2:00</b> French Trivia  <b>3:00</b> Movie: 2 fast 2 furious  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>23</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Leo the Lion Day  <b>11:00</b> Coloring  <b>11:30</b> Seated Dance  Exercise  <b>1:00</b> Exercise  <b>2:00</b> BINGO  <b>3:00</b> Movie: The accidental husband  <b>5:30</b> Person Centered</p>	<p style="text-align: right;"><b>24</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:00</b> <b>Scenic Outing</b>  <b>10:05</b> Current Events  <b>10:30</b> Top 10 unusual drive-thrus &amp; Fast food pass it on  <b>11:00</b> Exercise  <b>11:30</b> How many flowers can you name?  <b>1:00</b> <b>Music Therapy</b>  <b>2:00</b> Exercise  <b>3:00</b> Movie: My dad's a soccer mom  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>25</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> Exercises  <b>1:30</b> Underground railroad and quilting  <b>2:00</b> BINGO  <b>3:00</b> Nails  <b>3:30</b> Movie: One for the Money  <b>5:30</b> Person Centered</p>	<p style="text-align: right;"><b>26</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current events  <b>10:30</b> Mick Jagger info  <b>11:00</b> <b>Mark Baskins</b>  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Rocket and Space Milestones  <b>2:00</b> SPACE categories  <b>3:00</b> Movie: Dante's Peak  <b>5:30</b> Person Centered</p>

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<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> What are buffalo wings?  <b>11:00</b> Play Hangman  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Can't sing? Blame your brain  <b>2:00</b> BINGO  <b>3:00</b> Movie: Fast 5  <b>5:00</b> Person Centered</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> July Zodiac Word search  <b>11:00</b> Who am I?  <b>11:30</b> Seated Dance  Exercise  <b>1:00</b> Exercise  <b>1:30</b> Make paper airplanes  <b>2:00</b> How many Disney characters can you name?  <b>3:00</b> Movie: Soccer Mom  <b>5:30</b> Person Centered</p>	<p style="text-align: right;"><b>31</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> FETCH categories  <b>11:00</b> Park Rangers short story  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> YT and learn how to do some American sign language  <b>2:00</b> BINGO  <b>3:00</b> Movie: Saving Shiloh  <b>5:00</b> Person Centered</p>	