

# Adult Care Center of Roanoke Valley Activity Calendar January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><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 style="text-align: center;"><b>The Caregiver’s Support Group is held the 2<sup>nd</sup> Tuesday of every month!</b> <b>Save the date of Tuesday, January 14th</b> <b>1:30 – 3 pm. Held at ACCRV Conference Room.</b> <b>Contact Pam Phipps if you have any questions.</b></p>	<p style="text-align: center;"><b>Closed for Holiday!</b></p>	<p style="text-align: right;">1</p> <p style="text-align: center;">2</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Church Service 11:30 Exercise 1:00 Exercise 1:30 BINGO 1:30 Work a puzzle in sunroom 3:00 Nails 3:00 Movie: White House Down 5:00 Person Centered</p>	<p style="text-align: right;">3</p> <p>10:00 Pledge Allegiance 10:05 Current Events 10:30 Last Frontier Hangman 11:00 Hollywood Squares 11:30 Exercise 1:00 Exercise 1:30 Where am I? 2:00 Armchair travel to mystery location. 3:00 Movie: Glass Onion 5:00 Person Centered</p> <p style="text-align: center;"><b>Alaska Day</b></p>

<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> Current Events <b>10:30</b> January IQ <b>11:00</b> What's my line? <b>11:30</b> Exercises <b>1:00</b> Exercises <b>1:30</b> Wise Men coloring <b>3:00</b> Movie: Fast & Furious <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> BINGO <b>11:30</b> Exercise <b>1:00</b> Music Therapy <b>2:00</b> Exercise <b>3:00</b> Movie: 2 Fast 2 Furious <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Mill Mountain Zoo Visit <b>11:30</b> Exercise <b>1:00</b> Exercises <b>1:30</b> Karaoke / Dance <b>3:00</b> Movie: You are so not invited to my Bat-mitzvah <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Scenic Outing <b>10:05</b> Current Events <b>10:30</b> Church Service <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> BINGO <b>3:00</b> Nails <b>3:00</b> Movie: Mr. and Mrs. Smith <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> I love Lucy <b>11:00</b> Random Trivia <b>11:30</b> Balloon Soccer / Exercise <b>1:00</b> Exercise <b>1:30</b> 1950's Rock music <b>2:00</b> Coloring / painting <b>3:00</b> Movie: Clueless <b>5:00</b> Person Centered
<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> Current Events <b>10:30</b> BINGO <b>11:30</b> Exercises <b>1:00</b> Exercises <b>1:30</b> What am I? <b>2:00</b> Easy Pickens Band <b>3:00</b> Movie: Planet of the Apes <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Reminisce – Flexible Flyer Sled <b>11:00</b> January Trivia Q&A <b>11:30</b> Exercises <b>1:00</b> Exercise <b>1:30</b> Destination: Oxford, England <b>3:00</b> Movie: See for me <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Winter Hangman <b>11:00</b> What's my line? <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> Karaoke <b>3:00</b> Movie: Without a paddle <b>5:00</b> Person Centered	<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> Exercise <b>1:30</b> Jeopardy <b>2:00</b> 1920's Slang <b>3:00</b> Nails <b>3:00</b> Movie: Red notice <b>5:00</b> Person Centered  <b>Fig Newton Day</b>	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> BINGO <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> Crafts- Color by number <b>3:00</b> Movie: Dog Gone <b>5:00</b> Person Centered  <b>Pajama 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> Current events <b>10:30</b> History of Martin Luther King <b>11:00</b> MLK Jeopardy <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> BINGO <b>3:00</b> Movie: Transformers <b>5:00</b> Person Centered  <b>Martin Luther King Jr Day!</b>	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Hollywood Squares <b>11:00</b> Who am I? <b>11:30</b> Exercise <b>1:00</b> <b>Music Therapy</b> <b>2:00</b> Exercise <b>3:00</b> Movie: Rescued by Ruby <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current events <b>10:30</b> Jeopardy Trivia <b>11:00</b> History of Minnie Mouse <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> RSO-Music Therapy <b>2:30</b> Participant Council <b>3:00</b> Movie: Damsel <b>5:00</b> Person Centered  <b>Minnie Mouse Day- Wear your favorite Disney attire.</b>	<b>10:00</b> Pledge Allegiance <b>10:05</b> <b>Scenic Outing</b> <b>10:05</b> Current Events <b>10:30</b> <b>Church Service</b> <b>11:30</b> Exercise <b>1:00</b> <b>Saxy Keys</b> <b>2:00</b> Exercise <b>3:00</b> Nails <b>3:00</b> Movie: Murder Mystery <b>5:30</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current events <b>10:30</b> Exercise <b>11:00</b> <b>Marc Baskins</b> <b>1:00</b> BINGO <b>2:00</b> Exercise <b>3:00</b> Movie: Murder Mystery 2 <b>5:00</b> Person Centered
<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> Current Events <b>10:30</b> What's my line? <b>11:00</b> Who am I? <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> Spiritual Trivia <b>2:00</b> Paint a crazy sock <b>3:00</b> Movie: The Six Triple Eight <b>5:00</b> Person Centered  <b>Crazy Sock Day</b>	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Jeopardy! <b>11:00</b> M.A.S.H. <b>11:30</b> Exercise <b>1:00</b> <b>Keith Campbell</b> <b>2:00</b> Exercise <b>3:00</b> Movie: Our Little Secret <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> <b>Scenic Outing</b> <b>10:05</b> Current Events <b>10:30</b> BINGO <b>11:30</b> Exercise <b>1:00</b> <b>Music Therapy</b> <b>2:00</b> <b>Exercise</b> <b>3:00</b> Movie: Meet the Parents <b>5:00</b> Person Centered  <b>Wear your favorite team!</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> Exercises <b>1:00</b> Exercises <b>1:30</b> Game Time: Sports Trivia <b>2:00</b> What's my line? <b>3:00</b> Nails <b>3:00</b> Movie: Lion <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Hollywood Squares <b>11:00</b> Hangman <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> BINGO <b>3:00</b> Movie: It Ends with Us <b>5:00</b> Person Centered

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