

Adult Care Center of Roanoke Valley

OCTOBER

Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	Harvest Moon! 5	World Smile Day! 6
10:00 Up & At It! 10:30 October IQ 11:00 Parachute 11:30 Current Events 1:00 Groucho Marx Comedy Hour! 1:00 Crafty Creations 2:00 Bean Bag Tic Tac Toe 3:00 Yoga with Jeanni! 3:30 Nutrition 4:00 Hangman 4:30 I Spy! 5:00 Hercule Poirot	10:00 Bingo 11:00 Senior Zumba 11:30 Current Events 1:00 Dance Party 1:00 Puzzle Art 1:30 This week in History 2:00 Afternoon Stretch 3:00 Lightening List It Game! 3:30 Bowling 4:00 Cornhole 4:30 Reminisce 5:00 Andy Griffith	10:00 Up & At It! 10:30 Word Games Wednesday 10:30 Bible Study with Chris 11:30 Current Events 1:00 Pictionary 1:00 Coloring Club 2:00 Charades 3:00 Yoga with Jeanni! 3:00 Men's Club with Bill 3:30 Trivial Pursuit 4:00 Broom Golf 4:30 Ball Toss 5:00 The HoneyMooners	10:00 Chair Aerobics 10:00 Walking Club 10:30 Current Events 11:00 Rev. Glokner 1:00 Faith Fellowship 2:00 Senior Stretch 3:00 Alphabet Ball 3:00 Craft Time 3:30 Family Feud 4:00 Smart Board Games 4:30 The Best Advice 5:00 3 Stooges	10:00 Bingo 11:00 Senior Zumba 11:30 Current Events 1:00 Adele Gleixner 2:00 Afternoon Stretch 3:00 History of Roanoke 3:00 ACCRV Council 3:30 Humor Hour 4:00 Pictionary 4:30 The Funniest Thing That Happened to Me! 5:00 Walker Texas Ranger

Monday	Tuesday	Wednesday	Thursday	Friday
Columbus Day! 9 10:00 Chair Aerobics 10:30 Columbus Day Puzzles 11:00 American Trivia 11:00 Board Games 11:30 Current Events 1:00 Karaoke 2:00 Hangman 3:00 Riddles 3:00 Yoga with Jeanni! 3:30 Nutrition 4:00 Where am I? 4:30 First Time 5:00 I Love Lucy	Trip to Museum of Transportation! SLIDES RULE 10 10:00 Bingo 11:00 Current Events 11:00 Card Sharks 11:30 Chair Aerobics 1:00 Slides Rule 2:00 TheraBand! 3:00 Tall Tales 3:00 Pen Pal Club 3:30 Nerf Guns 4:00 The Glories of Fall 4:30 Hot Potato 5:00 Cheers!	11 10:00 Morning Movement 10:00 Walking Club 10:30 Word Games Wednesday 10:30 Bible Study with Chris 11:30 Current Events 1:00 Balloon Volleyball 1:00 Crafty Creations 2:00 Music Request 3:00 Yoga with Jeanni! 3:30 Brown Bag 4:00 Name That Tune 4:30 Favorite Things! 5:00 Fawltly Towers	I Pledge Allegiance Day SAXY KEYS 12 10:00 Seated Exercise 10:30 Current Events 11:00 Rev. Glokner 1:00 Saxy Keys 2:00 UP and Moving 3:00 Reminisce 3:00 Wii Games 3:30 Lightening List It Game! 4:30 Brain Games! 5:00 Dick Van Dyke	13 10:00 Bingo 11:00 Senior Zumba 11:00 Manicures 11:30 Current Events 1:00 Keith Campbell 2:00 Afternoon Stretch 3:00 Friday Funny Hour 3:30 Travelogue 3:30 Coloring/Board Games 4:00 Easy Does it Trivia 4:30 AFV Kids! 5:00 Hercule Poirot
WARREN & JAKE 16 10:00 Chair Aerobics 10:30 Javelin Throw 11:00 Where Am I? 11:00 Journaling 11:30 Current Events 1:00 Warren & Jake 2:00 You Be the Judge 3:00 Yoga with Jeanni! 3:00 Magic Rubbings 3:30 Nutrition 4:00 Reminisce 4:30 Brain Games! 5:00 Andy Griffith	17 10:00 Chair Aerobics 10:00 Walking Club 10:30 Parachute! 11:00 Jeopardy 11:00 Pen Pal Club 11:30 Current Events 1:00 Football Trivia 2:00 Oddly Obvious 3:00 Yoga 3:30 Nutrition 4:00 Pictionary 5:00 Current Events 1:15 Paint Class with Bobby Wood	18 10:00 Current Events 10:30 Senior Zumba 11:00 Word Games Wednesday 10:30 Bible Study with Chris 1:00 Who Wants To Be A Millionaire 2:00 Memory Game 3:00 Yoga with Jeanni! 3:30 Riddles 4:00 Balloon Volleyball 4:30 Drum Circle 1:15 Art Fusion	19 10:00 Current Events 10:30 Seated Strength 11:00 Rev. Glokner 1:00 Faith Fellowship 2:00 Seated Exercise 3:00 Wii Bowling 3:00 Dog Treats for SPCA 3:30 Karaoke 4:30 Brain Games! 5:00 Gilligan's Island	20 10:00 Bingo 10:00 Walking Club 11:00 Current Events 11:30 Seated Strength 1:00 Marie Anderson 2:00 Seated Strength 3:00 Friday Funny Hour 3:00 FingerPrint Friday 4:00 Music Videos 4:30 Ball Toss 5:00 3 Stooges

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch at CiCi's Pizza 23 10:00 Chair Aerobics 10:00 Walking Club 10:30 Parachute! 11:00 Jeopardy 11:00 Pen Pal Club 11:30 Current Events 1:00 Football Trivia 1:00 Poetry Class 2:00 Oddly Obvious 3:00 Yoga 3:30 Nutrition 4:00 Pictionary 5:00 Dick Van Dyke	ROBBIE VANCE 24 10:00 Bingo 11:00 Walking Club 11:00 Current Events 11:30 Up & At It! 1:00 Robbie Vance 2:00 UP and Moving! 3:00 Pumpkin Bowling 3:00 Coloring Club 4:00 Drum Circle 4:30 Music Videos 5:00 I Love Lucy	25 10:00 Current Events 10:30 Up & At It! 11:00 Word Games Wednesday 11:00 Board Games 1:00 Basketball 1:00 Coloring Club 2:00 Charades 3:00 Yoga with Jeanni! 3:30 Karaoke 4:30 Riddles 5:00 Bonanza	26 10:00 Current Events 10:30 Morning Movement 11:00 Rev. Glokner 1:00 Balloon Volleyball 2:00 Craft Time 3:00 Who am I? Participants 3:00 Card Sharks 4:00 Brain Games! 4:30 Chair Aerobics 5:00 Andy Griffith Bowling Trip!!	RAGTOP 27 10:00 Bingo 11:00 Current Events 11:30 Chair Aerobics 1:00 RagTop 2:00 Senior Stretch 3:00 Who am I? 3:00 Coloring Club 4:00 CornHole 4:30 Seated Exercise 5:00 Story Time
30 Marc Baskind! 10:00 Seated Exercise 10:30 Halloween Memories 11:00 Fight Night Puzzles 11:30 Current Events 1:00 Haunted Roanoke 1:00 Board Games 1:30 Hot Potato 2:00 Balloon Volleyball 3:00 Hangman 3:30 Karaoke 4:00 Brain Games! 4:30 Chair Aerobics 5:00 Andy Griffith	31 10:00 Bingo! 10:00 GreenVale Kids! 11:00 Uncommon Phobias! 11:30 Current Events 1:00 Urban Legends 1:00 Craft Time 1:30 Halloween Trivia 2:00 Halloween Exercise 3:00 Smart Board Games 3:30 Oddly Obvious 4:00 Riddles 4:30 Halloween Movie		Daily Alternatives Every day we have several activities available for our participants who would like to do some other than what is on the calendar. They included Board Games, Card Games, Small Crafts and Coloring Pages.	<u>FYI:</u> <i>The Caregiver's Support Group is held the second Tuesday of every month. Come join us on August 8th at 1:30pm.</i> <i>Meals (see attached menus)</i> 9:30 – AM Snack 12 Noon – Lunch 2:30 – PM Snack

