


Adult Care Center of Roanoke Valley

Activity Calendar

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<div style="text-align: center;">  <p>★ HAPPY ★ 2019 NEW YEAR!</p> </div>	10:00 Bingo 10:30 Football Fever 11:00 Warm Up Exercise 11:30 Current Events/ January IQ 1:00 RagTop! 1:30 Funny New Year's Resolutions 2:00 New Me Exercise 3:00 Jeopardy 3:30 Mad Libs 4:00 Toss and Talk 4:30 Tic Tac Toe 5:00 Viewer's Choice	10:00 Up and At It 10:30 Categories 11:00 Mixed Up Words 11:30 Current Events 1:00 Football Trivia 1:30 Categories 2:00 Balloon Volleyball 3:00 Yoga with Jeanni 3:30 Remember When 4:00 Coloring Club 4:30 Short Stories 5:00 Movie	10:00 Senior Stretch 10:30 Current Events 10:30 Outing: Drive to Mill Mountain 11:00 Rev. Glokner 11:30 Family Feud 1:00 Military Tales 1:30 Bean Craft 2:00 Afternoon Stretch 3:00 Men's Group 3:30 Sing-a-long 4:00 Tai Chai 4:30 Ball Toss 5:00 Movie	10:00 Bingo 10:30 Price is Right 11:00 Marc Baskind 11:30 Senior Zumba 1:00 Pillows 1:30 Fill in the Blank 2:00 Remembering Roaring 1920s 3:00 Nutrition 3:30 Friday Funny Hour 4:00 Afternoon Stretch 4:30 Current Events 5:00 Movie

Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
10:00 Keep Warm Exercises 10:30 Snowman Craft 11:00 Elvis Music Request 11:30 Council Meeting 1:00 Keith Campbell 1:30 Walking Club 2:00 Around the Globe 3:00 Yoga With Jeanni 3:30 Current Events 4:00 Travelogue 4:30 Smart Board Games 5:00 Movie	10:00 Bingo 10:30 Resolutions Discussion 11:00 Balloon Volleyball 11:30 Current Events 1:00 Walter Rondeau 1:30 The Missing Word 2:00 Birdseed Pinecones 3:00 You Be the Judge 3:30 Tic Tac Toe 4:00 Chair Aerobics 4:30 January IQ 5:00 Movie 1:30 pm Caregiver's Support Group	10:00 Snowball Toss 10:30 Outing: Mill Mountain 10:30 Tea and Trivia 11:00 Poetry 11:30 Current Events 1:00 Who Am I? 1:30 Ted Talk on Winter Olympics 2:00 Craft Time 3:00 Yoga With Jeanni 3:30 Brown Bag 4:00 Drums for Fun 4:30 Wacky Words 5:00 Movie	10:00 Wii Bowling 10:30 Current Events 11:00 Outing: Bowling 11:00 Rev. Glokner 1:00 SAXY KEYS!! 1:30 Seated Strength 2:00 Popsicle Snowmen 3:00 Name that Tune 3:30 Morse Code Puzzles 4:00 Afternoon Stretch 4:30 Name that Landmark 5:00 Movie	10:00 Bingo 10:30 Current Events 11:00 Chair Aerobics 11:30 Mad Libs 1:00 Style Show 2:00 Cornhole 3:00 Collages 3:30 Golf Tournament 4:00 Name That Tune 4:30 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19
10:00 Seated Exercise 10:30 Martin Luther King Jr. Puzzles 11:00 Johnny Cash Music Request 11:30 Current Events 1:00 Football Trivia 1:30 Crafts 2:00 Balloon Volleyball 3:00 Yoga With Jeanni	10:00 Bingo 11:00 Math Bee 11:30 Current Events 1:15 Paint Class w/Bobby Wood 1:00 Zumba 1:30 Women's Group 2:00 Singalong 3:00 Parachute Fun 3:30 Sports Talk 4:00 Current Events	10:00 Reminisce 10:30 Seated Strength 11:00 Walking Club 11:30 Current Events 1:00 Bean Bag Toss 1:30 Travel Memories 2:00 Golf Tournament 3:00 Yoga With Jeanni 3:30 Brain Games 4:00 Price is Right 4:30 Rhymes	10:00 Up and Moving 10:30 Current Events 11:00 Word Building 11:00 Rev. Glokner 1:00 Retro Metro 2:00 Craft Circle 3:00 Childhood Memories 3:30 Exercises 4:00 Pictionary	10:00 Bingo 10:30 Movie Trivia 11:00 Williamsburg Travelogue 11:30 Seated Strength 1:00 Dolly Parton Song Request 1:30 Woodworking Home Depot 2:00 Current Events 3:00 Categories

3:30 Coloring Club 4:00 Word Mining 4:30 Math Bee 5:00 Whistling Fun	4:30 Exercise 5:00 Movie	5:00 Movie	4:30 Name That Tune 5:00 Movie	3:30 Afternoon Stretch 4:00 New Year's Jumble 4:30 Ring Toss 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
10:00 Morning Movement 10:30 Toss and Talk 11:00 Snowflake Scavenger Hunt 11:30 Humor: Lighten Up! 1:00 Marie Anderson 2:00 Art Reminisce 3:00 Yoga With Jeanni 3:30 School Days 4:00 Current Events 4:30 Trivia 5:00 Movie	10:00 Bingo 10:30 Outing: Bowling 11:30 Up and Moving 1:00 Robbie Vance 1:30 Creative Circle 2:00 Balloon Volleyball 3:00 Storytelling 3:30 Current Events 4:00 Facts about Virginia 4:30 Afternoon Stretch 5:00 Movie	10:00 Who Am I? 10:30 Bean Bag Toss 11:00 Morning Movement 11:30 Current Events 1:00 Outside My Window 1:30 Sing-a-long 2:00 Favorite Foods 3:00 Yoga With Jeanni 3:30 Scrabble 4:00 Countries 4:30 Small Talk 5:00 Movie	10:00 Up and At IT 10:30 Current Events 11:00 Outing: CiCis Pizza 11:00 Rev. Glokner 1:00 Food Trivia 1:30 Tea Party 2:00 Craft Time 3:00 Men's Group 3:30 Current Events 4:00 Chair Aerobics 4:30 Faraway Places 5:00 Movie	10:00 Bingo 10:30 Baking Group 11:00 Theraband 11:30 Current Events 1:00 Color Game 1:30 Fruits & Vegetables 2:00 Stretching for Fun 3:00 Photography Slideshow 3:30 Presidents 4:00 Wacky Words 4:30 Horsehoes 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	Daily Alternatives	FYI:
10:00 Frisbee Toss 10:30 Morning Movement 11:00 Name 5 11:30 Current Events 1:00 Crafts 1:30 Star of the Month 2:00 Humor Hour	10:00 Bingo 10:30 Walking Club 11:00 Outing: Cici's Pizza 11:00 Basketball 11:30 Word Scramble 1:00 Men's Club 1:30 JUS' FRANK &	10:00 Seated Strength 10:30 Webster Words 11:00 You Be the Judge 11:30 Current Events 1:00 Nutrition 1:30 My Life Story 2:00 Ring Toss 3:00 Yoga With Jeanni	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	<i>The Caregiver's Support Group is held the second Tuesday of every month. Come join us on January 9, 2018 Meals (see attached menus) 9:30 - AM Snack 12 Noon - Lunch</i>

3:00 Yoga With Jeanni	FRIENDS	3:30 Sports Facts	and Coloring Pages.	<i>2:30 – PM Snack</i>
3:30 Who Am I?	2:00 Name That Tune	4:00 Balloon Volleyball		
4:00 Snow Memories	3:00 Therabands	4:30 Health Facts		
4:30 Truth or Consequences	3:30 Current Events	5:00 Movie		
5:00 Movie	4:00 Women’s Club			
	4:30 Reminsce			
	5:00 Movie			