

Adult Care Center of Roanoke Valley Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: right;">1</p> <p>Poster Crafts All Day</p> <p>10:00 Warm Up Exercise 10:30 Current Events 11:00 Rev. Glokner 1:00 Furry Predictions 1:30 Health Tips 2:00 Chair Aerobics 3:00 Bingo Men's Group 3:30 Valentine's Cards Craft 4:00 Parachute Games 4:30 Sing-a-long 5:00 Movie</p>	<p style="text-align: right;">2</p> <p>Ground Hog Day</p> <p>10:00 Bingo 10:30 Senior Stretch 11:00 Poster Craft 11:30 Current Events 1:00 Superbowl Overview & Party 1:30 Who Am I? 2:00 Afternoon Exercises 3:00 Corn Hole Tournament: Guys vs. Gals 3:30 The Story of the Ground Hog 4:00 Football Fever</p>

				4:30 Word Race 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
10:00 Categories 10:30 Chair Aerobics 11:00 Remembering: 1930s 11:30 Current Events 1:00 Keith Campbell 1:30 Favorite Books 2:00 Seated Strength 3:00 Yoga w/Jeanni 3:30 You Be the Judge 4:00 Treasures of the World 4:30 Reminisce 5:00 Movie	10:00 Bingo 10:30 Outing to Bowling 11:00 Poetry 11:30 Senior Stretch 1:00 V-Day Cardmaking 1:30 Current Events 2:00 Seated Exercises 3:00 Jeopardy 3:30 Famous Generals 4:00 Frisbee Toss 4:30 Categories 5:00 Movie	10:00 Black History 10:30 Exercises 11:00 Spotlight on: Oprah Winfrey 11:30 Current Events 1:00 Geography 1:30 Craft: Frames 2:00 Famous Pirates 3:00 Yoga with Jeanni 3:30 V-Day Cardmaking 4:00 Categories: Films 4:30 Song Review 5:00 Movie	10:00 Categories: Fruits & Vegetables 10:30 Senior Stretch 10:30 Outing to CiCi's Pizza 11:00 Reverend Glokner 1:00 Saxy Keys 2:00 Exercise for Fun V-Day Cardmaking 3:00 Current Events 3:30 Brain Games 4:00 Family Trips or Vacations 4:30 Drums for Fun 5:00 Movie	10:00 Bingo 11:00 Exercise 11:00 Judging of Sweets for Sweet Poster Contest 11:30 Current Events 1:00 Olympic Games 1:30 Wii Bowling 2:00 Afternoon Stretch 3:00 Famous Quotes 3:30 Word Scrabble 4:00 Friday Funny Hour 4:30 Old Remedies 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
10:00 Target Toss 10:30 Chair Aerobics 11:00 Council Meeting 11:30 Current Events 1:00 Remember When 1:30 Matching Game 2:00 Create A Story 3:00 Yoga w.Jeanni 3:30 Basketball	10:00 Bingo 10:30 Morning Movement 11:00 Baking V-Day Cupcakes 11:30 Current Events 1:00 Crafts 1:30 Categories 2:00 Seated Strength 3:00 Love Jingles 3:30 Meet Me in	Don your best red attire! 10:00 Bible Study 10:30 Exercise to Music 11:00 Mary's Hat Show 11:30 Current Events 1:00 Valentines Dance & Ball of Fun with Marie Anderson Photo Booth 1-3 PM 3:00 Yoga with Jeanni	10:00 Bean Bag Toss 10:30 Senior Stretch 10:30 Outing to Tanglewood Mall 11:00 Rev. Glokner 1:00 Retro Metro 1:30 Crafts/Current Events 2:00 Exercise for Fun 3:00 Men's Group 3:30 Nutrition	Chinese New Year 10:00 Bingo 10:30 Morning Movement 11:00 Fortunes 11:30 Current Events 1:00 My Story 1:30 Visiting China 2:00 Up and Moving 3:00 Fill in the Blank 3:30 Sing-a-long

<p>4:00 Mother's Recipes 4:30 Coloring Club 5:00 Movie</p>	<p>St. Louis 4:00 Love Stories: How Did You Meet? 4:30 Name Red Objects 5:00 Movie</p> <p>1:30 Caregiver's Support Group</p>	<p>3:30 Craft: Finish Frames 4:00 Poetry 4:30 Famous Couples 5:00 Movie</p>	<p>4:00 Kazoo Band 4:30 Current Events 5:00 Movie</p>	<p>4:00 Healthy Advice 4:30 Ring Toss 5:00 Movie</p>
Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
<p>President's Day 10:00 White House Facts 10:30 Morning Exercise 11:00 President's Quiz 11:30 Current Events 1:00 Meet Abraham Lincoln 1:30 Fill in the Blank 2:00 Chair Aerobics 3:00 Yoga w/Jeanni 3:30 Bean Bag Toss 4:00 Trivia 4:30 Woodrow Wilson 5:00 Movie</p>	<p>10:00 Bingo 10:30 Morning Movement 10:30 Outing to Tanglewood: Walking & Exercise 11:00 Bookmarks 11:30 Current Events 1:00 Rag Top 1:15 Painting Class with Bobby Wood 2:00 Exercises 3:00 Comic Strips 3:30 Chicken Soup for the Soul 4:00 Big/Small Words 4:30 Drums for Fun 5:00 Movie</p>	<p>10:00 School Days 10:00 Outing to Bowling 10:30 Up and At It 11:00 Golf Tournament 11:30 Current Events 1:00 Word Building 1:30 & on Caricatures Limit of 7 people 2:00 Favorite Songs 3:00 Yoga with Jeanni 3:30 Balloon Volleyball 4:30 Amazing Facts 5:00 Movie</p>	<p>10:00 Sports Talk 10:30 Exercise 10:30 Walking Club 11:00 Rev. Glokner 1:00 Crafts/Bingo 1:30 Current Events 2:00 Afternoon Exercises 3:00 Word Race 3:30 Parachute Fun 4:00 Famous Photographers 4:30 Remember When 5:00 Movie</p>	<p>10:00 Bingo 10:30 Seated Strength 11:00 Baking Group 11:30 Current Events 1:00 Word Scramble 1:30 Hangman 2:00 Chair Aerobics 3:00 Coloring Club 3:30 Noodle Toss 4:00 Travelogue: Martha's Vineyard 4:30 You Be The Judge 5:00 Movie</p>
Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28		
<p>10:00 Name That Object 10:30 Up and At It</p>	<p>10:00 Bingo 10:30 Seated Strength 11:00 Fat Tuesday Facts</p>	<p>Pink Day: Flaunt your pink dress, shirt or scarf! 10:00 Bible Study</p>	<p>Daily Alternatives Every day we have several</p>	<p>FYI: <i>The Caregiver's Support Group is held the second Tuesday of every month.</i></p>

<p>11:00 Favorite Movie Stars 11:30 Current Events 1:00 Parachute Games 1:30 Word Scramble 2:00 Categories 3:00 Yoga w/Jeanni 3:30 Monticello Photo Tour 4:00 Bean Bag Toss 4:30 Faraway Islands 5:00 Movie</p>	<p>11:30 Current Events 1:00 Robbie Vance 2:00 Crafts 2:00 Exercises 3:00 History of Mardi Gras 3:30 Weather Tales 4:00 Word Scramble 4:30 Remember When 5:00 Movie</p>	<p>10:30 Up and Moving 10:30 Outing to CiCis 11:00 Spring Flowers 11:30 Current Events 1:00 Crafts 1:45 Presentation of Caricatures 1:30 Balloon Volleyball 2:00 History of Pink 3:00 Yoga with Jeanni 3:30 Roanoke Landmarks 4:00 Name Pink Objects 4:30 Frisbee Toss 5:00 Movie</p>	<p>activities available for our participants who would like to do something other than what is on the calendar. They include Board Games, Card Games, Small Crafts and Coloring Pages.</p>	<p><i>Come join us on February 13, 2018 at 1:30 p.m.</i></p> <p><i>Meals (see attached menus)</i> 9:30 – AM Snack 12 Noon – Lunch 2:30 – PM Snack</p>
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