

Adult Care Center of Roanoke Valley Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
			<div style="text-align: right; font-weight: bold;">1</div> <p> 10:00 Current Events 10:30 Warm-Up Exercises 11:00 Rev. Glokner 1:00 Crafts 1:30 Green Challenge 2:00 Chair Aerobics 3:00 Bingo Men's Group 3:30 Parachute Games 4:00 Branching Out Word Game 4:30 Yellowstone National Park 5:00 Movie </p>	<div style="text-align: right; font-weight: bold;">2</div> <p> 10:00 Bingo 10:30 Seated Strength 11:00 Marc Baskind 1:00 Dr. Seuss Birthday 1:30 Theraband Stretches 2:00 Home Depot Woodworking/Corn Hole 3:00 Current Events 3:30 Oceans & Lakes 4:00 Healthy Living 4:30 Hangman 5:00 Movie </p>

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
10:00 Luck of the Irish Puzzle 10:30 Chair Aerobics 11:00 Recording Memories 11:30 Current Events 1:00 Marie Anderson 2:00 Basketball 3:00 Yoga w/Jeanni 3:30 You Be the Judge 4:00 Drums for Fun 4:30 Famous Quotes 5:00 Movie	10:00 Bingo 11:00 True or False 11:00 Outing: Drive & Lunch K&W 11:30 Walking Club/ Seated Strength 1:00 Balloon Volleyball 2:00 Seated Exercises 3:00 Brown Bag 3:30 Current Events 4:00 Travelogue: Ireland 4:30 Artist Michelangelo's Birthday 5:00 Movie Crafts All Day	10:00 St. Patrick's Day Secret Quote 10:30 Exercises 11:00 Home Remedies 11:30 Current Events 1:00 Word Mining 1:30 Crafts: Make a Kite! 2:00 Charades 3:00 Yoga with Jeanni 3:30 Mini Golf 4:00 Pictionary 4:30 History Lesson 5:00 Movie	10:00 My Collections 10:30 Chair Aerobics 11:00 Reverend Glokner 1:00 Saxy Keys 2:00 Exercise for Fun Crafts 3:00 Exercises 3:30 Brain Games 4:00 Current Events 4:30 Spelling Bee 5:00 Movie	10:00 Bingo 11:00 Exercises 11:00 Word Scrabble 11:30 Current Events 1:00 Coloring Club 1:30 Wii Bowling 2:00 Afternoon Stretch 3:00 Egg Toss 3:30 Walking Club 4:00 Harriet Tubman 4:30 Nutrition 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 Keith Campbell 2:00 Create A Story 3:00 Yoga w. Jeanni 3:30 Basketball 4:00 Peaks of Otter 4:30 St. Patrick's Crossword Puzzles 5:00 Movie	10:00 Bingo 10:00 Outing: Bowling 10:30 Morning Movement 11:00 Remembering the Circus 11:30 Current Events 1:00 Crafts 1:30 Categories 2:00 Seated Strength 3:00 Parachute Games 3:30 Uncle Sam's Birthday	10:00 Bible Study 10:30 Exercise to Music 11:00 Baking/Word Mining 11:30 Current Events 1:00 Happy St. Pat-on-the Back 1:30 Crafts 2:00 Women's Tea/Golf 3:00 Yoga with Jeanni 3:30 Healthy Advice 4:00 Women's History: Betsy Ross	10:00 Bean Bag Toss 10:30 Senior Stretch 11:00 Rev. Glokner 1:00 Retro Metro 2:00 Exercise for Fun 3:00 Men's Group/Current Events 3:30 Irish Castles 4:00 Drums for Fun 4:30 Current Events 5:00 Movie Crafts All Day	Happy St. Patty's Day 10:00 Bingo 11:00 Current Events 11:30 Exercises 1:00 St. Patty's Celebration/Martha & Me 1:30 Truth or Blarney 2:00 Up and Moving 3:00 Interesting Facts About Ireland 3:30 Celtic Music 4:00 Saint Categories

	4:00 Noodle Fight 4:30 Name Green Objects 5:00 Movie Crafts All Day 1:30 Caregiver's Support Group	4:30 Military Tales 5:00 Movie		4:30 Shamrock Scramble 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
10:00 Golf 10:30 Morning Exercise 11:00 Who Am I? 11:30 Current Events 1:00 Science Lesson: Butterflies 1:30 Fill in the Blank 2:00 Card Games 3:00 Yoga w/Jeanni 3:30 Bean Bag Toss 4:00 Trivia 4:30 Shamrock Word Mining 5:00 Movie	Spring Begins 10:00 Bingo 11:00 Current Events 11:30 Exercises 1:00 Rag Top 1:15 Painting Class with Bobby Wood 2:00 Cornhole 3:00 Therabands 3:30 Charleston: Churches, History and Horses 4:00 Memory Game 4:30 Drums for Fun 5:00 Movie Crafts All Day	10:00 Word Building 10:00 Outing: Bowling 10:30 Up and At It 11:00 Golf Tournament 11:30 Current Events 1:00 Balloon Volleyball 2:00 Crafts 2:00 Favorite Songs 3:00 Yoga with Jeanni 3:30 Bowling 4:30 Vacation Places 5:00 Movie	10:00 Sports Talk 10:30 Exercise 11:00 Rev. Glokner 1:00 Crafts/Bingo 1:30 Current Events 2:00 Afternoon Exercise 3:00 Word Race 3:30 Parachute Fun 4:00 Celebrate Purim Mining 4:30 Reminisce 5:00 Movie	10:00 Bingo 11:00 Current Events 11:30 Seated Strength 1:00 Football Trivia 2:00 Chair Aerobics 3:00 Coloring Club/Brain Teasers 3:30 Hula Hoops 4:00 Travelogue: Hawaii 4:30 Famous Speeches 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
10:00 Name That Object 10:30 Up and At It 11:00 Omar Shariff 11:30 Current Events 1:00 Song Trivia	10:00 Bingo 11:00 Easter Facts 11:30 Current Events 1:00 Robbie Vance 2:00 Exercises	10:00 Bible Study 10:30 Up and Moving 11:00 Word Games 11:30 Pizza/Flowershow 11:30 Current Events	10:00 Sports Talk 10:30 Exercise 11:00 Rev. Glokner 1:00 Crafts/Bingo 1:30 Smile Party 2:00 Afternoon Exercises	10:00 Bingo 11:00 Current Events 11:30 Seated Strength 1:00 Word Scramble 1:30 Easter Hat Parade 2:00 Chair Aerobics

<p>1:30 Word Scramble 2:00 Categories 3:00 Yoga w/Jeanni 3:30 Robert Frost's Birthday 4:00 Bean Bag Toss 4:30 Collages 5:00 Movie</p>	<p>3:00 Wii Bowling/Bowling 3:30 Spring Gardens 4:00 Word Scramble 4:30 Remember When 5:00 Movie Crafts All Day</p>	<p>1:00 Balloon Volleyball 1:30 Pocket Book of Poetry 2:00 Evolution of the Easter Bunny 3:00 Yoga with Jeanni 3:30 Meet: James Madison 4:00 Music Requests 4:30 Frisbee Toss 5:00 Movie</p>	<p>3:00 Word Race 3:30 Parachute Fun 4:00 Colorado Wildflower Tour 4:30 Remember When 5:00 Movie</p>	<p>3:00 Coloring Club/Easter Egg Decorating 3:30 Noodle Toss 4:00 Happy Easter Crossword 4:30 Drums for Fun 5:00 Movie</p>
<p>Daily Alternatives</p> <p>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 Board Games, Card Games, Small Crafts and Coloring Pages.</p>	<p>FYI: <i>The Caregiver's Support Group is held the second Tuesday of every month. Come join us on March 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>			