

Adult Care Center of Roanoke Valley

Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>10:00 Mini Golf</p> <p>10:30 Warm-Up Exercises</p> <p>11:00 Remember When</p> <p>11:30 Current Events</p> <p>1:00 Marie Anderson</p> <p>2:00 About April's Fools Day</p> <p>3:00 Yoga with Jeanni</p> <p>3:30 Fact or Foolery</p> <p>4:00 Zoo Part 1: Penguins, Polar Bears & More</p> <p>4:30 Fact or Foolery</p> <p>5:00 Movie</p>	<p>10:00 Bingo</p> <p>10:30 Morning Movement</p> <p>11:00 Walking Club</p> <p style="padding-left: 20px;">Planting Trees</p> <p style="padding-left: 20px;">Puzzle</p> <p>11:30 Current Events</p> <p>1:00 Balloon Volleyball</p> <p>2:00 Chair Aerobics</p> <p>3:00 Salem Historical Society: Salem</p> <p>4:00 Arbor Day Secret</p> <p>4:30 Artist: Andrew Wyeth</p> <p>5:00 Movie</p>	<p>10:00 Current Events</p> <p>10:00 Outing: Bowling</p> <p>10:30 Up & At It</p> <p>11:00 Word Mining</p> <p>11:30 Science Lesson: Frogs</p> <p>1:00 Crafts: Photo Scavenger Hunt</p> <p>1:30 Brown Bag</p> <p>2:00 Chair Aerobics</p> <p>3:00 Yoga w/Jeanni</p> <p>3:30 Parachute Games</p> <p>4:00 Lakes of Michigan</p> <p>4:30 Meet: Dolly Parton</p> <p>5:00 Movie</p>	<p>10:00 Current Events</p> <p>10:30 Warm-Up Exercises</p> <p>11:00 Rev. Glokner</p> <p>1:00 Crafts & Show & Tell</p> <p>1:30 Frogs Categories</p> <p>2:00 Jazzercise</p> <p>3:00 Bingo/Men's Group</p> <p>3:30 History Lesson</p> <p>4:00 Frogs Categories</p> <p>4:30 Peaks of Otter</p> <p>5:00 Movie</p>	<p>10:00 Bingo</p> <p>10:30 Seated Strength</p> <p>11:00 Marc Baskind</p> <p>1:00 Current Events</p> <p>1:30 Theraband Stretches</p> <p>2:00 Ombudsman & Elder Justice Alliance</p> <p>3:00 Corn Hole</p> <p>3:30 Coloring Club & History Facts</p> <p>4:00 Healthy Living</p> <p>4:30 Hangman</p> <p>5:00 Movie</p>

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
10:00 Target Toss 10:30 Chair Aerobics 11:00 Council Meeting 11:30 Current Events 1:00 Keith Campbell 2:00 Basketball 3:00 Yoga w/Jeanni 3:30 You Be the Judge 4:00 Drums for Fun 4:30 Create a Story 5:00 Movie	10:00 Bingo 10:00 Outing: Bowling 11:00 Walking Club/Spelling Bee 11:30 Seated Strength 1:00 Balloon Volleyball 2:00 Exercises 3:00 Family Memories 3:30 Current Events 4:00 Interesting Facts About Earth Day 4:30 Hoo-la--hoop Games 5:00 Movie Crafts All Day	10:00 Bible Study/Word Scrabble 10:30 Exercises 11:00 Table Games 11:30 Current Events 1:00 Woodsong: Dulcimer & Guitar 2:00 Crafts/Remember When 3:00 Yoga with Jeanni 3:30 Corn Hole Tournament 4:00 Armed Forces Day Quotes Discussion 4:30 Geography Lesson 5:00 Movie	10:00 My Collections 10:30 Chair Aerobics 11:00 Reverend Glokner 1:00 Saxy Keys 2:00 Crafts/Corn Hole 3:00 Exercises 3:30 I Am Going on a Sailing Trip and ... 4:00 Current Events 4:30 Spelling Bee 5:00 Movie	10:00 Bingo 11:00 Exercises 11:30 Current Events 1:00 Afternoon Stretch 1:30 Ball Toss 2:00 8 Ways to Get a Better Night's Sleep 3:00 Reader's Digest Jokes 3:30 Walking Club 4:00 Earth Day Secret Quotes 4:30 Nutrition 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
National Volunteer Recognition Week 10:00 Famous April Birthdays 10:30 Chair Aerobics 11:00 You Be the Judge 11:30 Current Events 1:00 April IQ 1:30 Favorite Songs	10:00 Bingo 10:30 Morning Movement 11:00 What's on TV? 11:30 Current Events 1:00 Bobby Wood Painting /Vegetable Gardening 1:30 Categories 2:00 Seated Strength	10:00 Exercises 10:30 Outing: Red Sox Game /Remembering Cars 11:00 Baking/Word Mining 11:30 Current Events 1:00 Plant Seeds 1:30 Crafts/Table Games 2:00 Women's Tea/Golf 3:00 Yoga with Jeanni	10:00 Bean Bag Toss 10:30 Senior Stretch 11:00 Rev. Glokner 1:00 Retro Metro 2:00 Volunteer Appreciation Party 2:00 Learn About Fishing 3:00 Men's Group/Current Events 3:30 Exercises	10:00 Bingo 11:00 Current Events 11:30 Exercises 1:00 Visit to Baltimore, Aquarium and Beyond 1:30 Forest Funnies 2:00 Up and Moving 3:00 The Lost Art of Whistling 3:30 Panoramic Portland

<p style="text-align: right;">16</p> <p>2:00 Create A Story 3:00 Yoga w/Jeanni 3:30 Basketball 4:00 Peaks of Otter 4:30 Farm Animals Word Search 5:00 Movie</p>	<p>3:00 Parachute Games <p style="text-align: right;">17</p> 3:30 Mother Nature Clues 4:00 Noodle Fight 4:30 Laugh Categories 5:00 Movie Crafts All Day 1:30 Caregiver's Support Group</p>	<p style="text-align: right;">18</p> <p>3:30 Healthy Advice 4:00 Women's History: Amelia Earhart 4:30 Therabands 5:00 Movie</p>	<p style="text-align: right;">19</p> <p>4:00 Drums for Fun 4:30 Fishing Stories 5:00 Movie Crafts All Day</p>	<p style="text-align: right;">20</p> <p>4:00 Egg-spressions 4:30 Trivia 5:00 Movie</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">23</p> <p>10:00 Word Search 10:30 Morning Exercise 11:00 Who Am I? 11:30 Current Events 1:00 Science Lesson: Stars 1:30 Fill in the Blank 2:00 Card Games 3:00 Yoga w/Jeanni 3:30 Bean Bag Toss 4:00 Word Rhymes 4:30 Faraway Places 5:00 Movie</p>	<p style="text-align: right;">24</p> <p>10:00 Bingo 11:00 Current Events 11:30 Exercises 1:00 Robbie Vance 1:15 Painting Class with Bobby Wood 1:30 Hobbies Discussion 2:00 Cornhole 3:00 Therabands 3:30 Visiting Kentucky Derby 4:00 Memory Game 4:30 Drums for Fun 5:00 Movie Crafts All Day</p>	<p style="text-align: right;">25</p> <p>10:00 Bible Study/Birds Discussion 10:00 Outing: Salem Fishing Rodeo 10:30 Up and At It 11:00 Balloon Volleyball 11:30 Current Events 1:00 RagTop 2:00 Crafts 2:00 Pocketbook of Poetry 3:00 Yoga with Jeanni 3:30 Zoo Part II: Giraffes, Elephants and More 4:30 Vacation Places 5:00 Movie</p>	<p style="text-align: right;">26</p> <p>10:00 Bowling 10:30 Exercises 11:00 Rev. Glokner 1:00 Caroloa 1:30 Current Events 2:00 Afternoon Exercise 3:00 Word Race 3:30 Parachute Fun 4:00 Remembering our Pets 4:30 A-Z Alphabet Game 5:00 Movie</p>	<p style="text-align: right;">27</p> <p>Women: Wear a flower in your hair! Men: Wear a bird on your hat or head! 10:00 Bingo 11:00 Current Events 11:30 Seated Strength 1:00 Enjoying the Ride Puzzle 1:30 Charades 2:00 Chair Aerobics 3:00 Coloring Club/Brain Teasers 3:30 Hula Hoop Fun 4:00 Travelogue: Colorado Wildflower Tour 4:30 Major League Baseball 5:00 Movie</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">30</p> <p>10:00 Name That Object 10:30 Up and At It 11:00 Baking/Math Quiz 11:30 Current Events 1:00 Bedford Parks & Recreation Choir 1:30 Word Scramble 2:00 Categories 3:00 Yoga w/Jeanni 3:30 Famous Sayings 4:00 Bean Bag Toss 4:30 Making Bookmarks 5:00 Movie</p>		<p><i>We applaud our volunteers during National Volunteer Week (April 16-20, 2018)</i></p> <p><i>Join us on Thursday, April 19 at 2 p.m. for a Volunteer Appreciation Party at the Center!</i></p> <p><i>Thanks so much for all you do for us and beyond!</i></p> <p><i>The world (ACCRV) is hugged by the faithful arms of volunteers. ~Terri Guillemetsteers</i></p>	<p>Daily Alternatives 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><u>FYI:</u> <i>The Caregiver's Support Group is held the second Tuesday of every month. Come join us on April 10th 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>