

Adult Care Center of Roanoke Valley

Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Celebrating You: Older Americans Month</p> <p>Theme: Engage at Every Age!</p> <p>Please bring a photo of yourself by May 7th! We want to guess photos of participants, volunteers and staff. Our receptionists can copy them for you at the Front Desk! We will post them on the Smart Board!</p>	<p style="text-align: right;">1</p> <p>10:00 Bingo 11:00 Walking Club/ Do You Hear What I Hear? 11:30 Morning Movement 1:00 Elizabeth Dances 2:00 Current Events 3:00 Chair Aerobics 3:30 Panoramic Portland 4:00 Ten Amazing Street Performers 4:30 Let's Go A-Maying 5:00 Movie</p> <p>Crafts All Day</p>	<p style="text-align: right;">2</p> <p>10:00 Current Events 10:00 Outing: O Winston Link Museum 10:30 Up & At It 11:00 Word Mining 11:30 History May Day Baskets 1:00 Searching for Mexican Cuisine 1:30 Parachute Games 2:00 Memories of Mom 3:00 Yoga w/Jeanni 3:30 Travelogue: Tulips in Sweden/Norway 4:00 Hangman 4:30 Cinco de Mayo Secret Message 5:00 Movie</p>	<p style="text-align: right;">3</p> <p>10:00 Current Events 10:30 Warm-Up Exercises 11:00 Rev. Glokner 1:00 Crafts & Herbal Tea with Nurse Laurie Lyons 1:30 Let's Celebrate Cinco de Mayo 2:00 Jazzercise 3:00 Bingo/Men's Group 3:30 Cinco de Mayo Matching Puzzle 4:00 Spelling Bee 4:30 Mexico 5:00 Movie</p> <p>Crafts All Day</p>	<p style="text-align: right;">4</p> <p>10:00 Bingo 10:30 Seated Strength 11:00 Marc Baskind 1:00 Current Events 1:30 Nurse Tales 2:00 Cinco de Mayo Matching Puzzler 3:00 Corn Hole 3:30 Coloring Club & History Facts 4:00 Healthy Living 4:30 Hangman 5:00 Movie</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">7</p> <p>10:00 Target Toss 10:30 Chair Aerobics 11:00 Council Meeting 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 Create a Story 5:00 Movie</p>	<p style="text-align: right;">8</p> <p>10:00 Bingo 10:30 Outing: Bowling 11:00 Walking Club/Spelling Bee 11:30 Seated Strength 1:00 Balloon Volleyball 2:00 Cinco de Mayo Word Mining 3:00 Exercises 3:30 Current Events 4:00 Mother's Day Poetry & Quotes 4:30 Hoo-la--hoop Games 5:00 Movie 1:30 Caregiver's Support Group</p>	<p style="text-align: right;">9</p> <p>10:00 Bible Study/ Cinco de Mayo Word Search 10:30 Exercises 11:00 Table Games 11:30 Current Events 1:00 Mother's Day Search and Solve 1:30 Golf 2:00 Crafts/Mothers of Invention 3:00 Yoga with Jeanni 3:30 Corn Hole Tournament 4:00 Armed Forces Day Quotes Discussion 4:30 Armed Forces Day Mining 5:00 Movie</p>	<p style="text-align: right;">10</p> <p>10:00 Secret Mother's Day Messages 10:30 Chair Aerobics 11:00 Reverend Glokner 1:00 Saxy Keys 2:00 Corn Hole/Home Depot Craft 3:00 Exercises 3:30 I Am Going to Alaska and ... 4:00 Current Events 4:30 Motherly Humor 5:00 Movie Crafts All Day</p>	<p style="text-align: right;">11</p> <p>Happy Mother's Day on Sunday! 10:00 Bingo 11:00 Exercises 11:30 Current Events/Walking 1:00 Afternoon Stretch 1:30 Talking About Mother's Day 2:00 Mother, May I Puzzle 3:00 Ball Toss 3:30 Trivia 4:00 Thank-You Mom YouTubes 4:30 Nutrition 5:00 Movie</p>

Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
10:00 Target Toss 10:30 Chair Aerobics 11:00 Armed Forces Day History 11:30 Current Events 1:00 Behind the Music: Military Songs 1:30 Mixed Up Armed Forces Puzzle 2:00 Remembering John Wayne 3:00 Yoga w.Jeanni 3:30 Basketball 4:00 Favorite Movies 4:30 Therabands 5:00 Movie	10:00 Bingo 10:30 Morning Movement 11:00 US Military Word Fit 11:30 Current Events 1:00 Bobby Wood Painting/Keith Campbell 2:00 Seated Strength 3:00 Parachute Games 3:30 Jokes & Humor 4:00 Noodle Fight 4:30 Travelogue: Paris 5:00 Movie Crafts All Day	10:00 Exercises 10:30 Picnic & Walking in the Park Remembering our War Correspondents 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 3:30 Healthy Corner 4:00 History: VMI Marshall Museum 4:30 Therabands 5:00 Movie	10:00 Bean Bag Toss 10:30 Senior Stretch 11:00 Rev. Glokner 1:00 Retro Metro 2:00 Mixed Up Armed Forces Terms 3:00 Men's Group/Current Events 3:30 Exercises 4:00 History of Purple Heart 4:30 War Stories 5:00 Movie Crafts All Day	Celebrating the Armed Forces! 10:00 Bingo 11:00 Current Events 11:30 Exercises 1:00 Honoring our Veterans! 1:30 Corn Hole 2:00 Up and Moving 3:00 Patriotic Songs 3:30 D-Day Memorial 4:00 Remember When 4:30 Name that Veteran 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
10:00 Word Search 10:30 Morning Exercise 11:00 Queen Victoria at the Movies 11:30 Current Events 1:00 Science Lesson: NASA 1:30 Which Queen Am I? 2:00 Card Games	10:00 Bingo 11:00 Current Events 11:30 Exercises 1:00 Robbie Vance 2:00 Show & Tell: Bring a treasure from home to share! 3:00 Therabands 3:30 Visiting Maine 4:00 Cornhole 4:30 Gardening	10:00 Bible Study 10:00 Outing: Bowling 10:30 Up and At It 11:00 Which War Was It? 11:30 Current Events 1:00 RagTop 2:00 Waxing, Waning or Gibbous? Moon 3:00 Yoga with Jeanni 3:30 Military Terms 4:30 Dream Places	Victoria Day 10:00 Bowling/Current Events 10:30 Exercises 11:00 Rev. Glokner 1:00 Sound of Blue Grass 2:00 Afternoon Exercise 3:00 The Secret Language of Fans 3:30 Golf 4:00 War Movies	10:00 Bingo 11:00 Current Events 11:30 Seated Strength 1:00 Memorial Day 2018 1:30 Chair Aerobics 2:00 Honoring our Veterans/Memorials Ceremony with Good Samaritan Hospice 3:00 Coloring Club/Table Games

3:00 Yoga w/Jeanni 3:30 Bean Bag Toss 4:00 Word Rhymes 4:30 Faraway Places 5:00 Movie	Memories 5:00 Movie Crafts All Day	5:00 Movie	Word Search 4:30 Target Toss 5:00 Movie	3:30 Hula Hoop Fun 4:00 Travelogue: Vermont 4:30 Collecting Baseball Cards 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	
Happy Memorial Day! Center Closed <i>Please thank our Nurses (Laurie and June) for taking good care of us! Nurses Day is Sunday, May 6!</i>	10:00 Bingo 10:30 Morning Movement 11:00 Walking Club/Remember When 11:30 Current Events 1:00 Frank & Friends 2:00 Chair Aerobics 3:00 Balloon Volleyball 3:30 Artist: Buckley Moss 4:00 Jokes 4:30 Favorite Recipes 5:00 Movie Crafts All Day	10:00 Current Events 10:00 Outing: Bowling 10:30 Up & At It 11:00 Word Mining 11:30 May Facts 1:00 Crafts 1:30 Airplane Rides 2:00 Horseshoes 3:00 Yoga w/Jeanni 3:30 Parachute Games 4:00 If I Had a Million Dollars I would... 4:30 Better Hearing 5:00 Movie	10:00 Current Events 10:30 Warm-Up Exercises 11:00 Rev. Glokner 1:00 Crafts & History of Bees 1:30 Military Places /Tours of Duty 2:00 Jazzercise 3:00 Bingo 3:30 Favorite Photographs 4:00 Spelling Bee 4:30 Remembering Old Cars 5:00 Movie	FYI: <i>The Caregiver's Support Group is held the second Tuesday of every month. Come join us on May 8 at 1:30 p.m.</i> <i>Meals (see attached menus)</i> 9:30 – AM Snack 12 Noon – Lunch 2:30 – PM Snack 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.

