

# Adult Care Center of Roanoke Valley

## Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>10:00 Target Toss            10:30 Chair Aerobics            11:00 Who Am I?            11:30 Current Events            1:00 <b>Marie Anderson</b>            2:00 States Plate Game            3:00 Exercises            3:30 You Be the Judge            4:00 Drums for Fun            4:30 Create a Story            5:00 Movie</p>	<p>10:00 Bingo/Tic Tac Toe            10:00 <b>Outing: Bowling</b>            11:00 Walking Club/Spelling Bee            11:30 Seated Strength            1:00 Balloon Volleyball            2:00 Current Events            3:00 Exercises            3:30 An Independence Coincidence            4:00 Short Stories            4:30 Hoo-la--hoop Games            5:00 Movie            Crafts All Day</p>	<p><b>Happy 4<sup>th</sup> of July!</b></p> <p><b>Center Closed</b></p>	<p>10:00 Bean Bag Toss            10:30 Chair Aerobics            11:00 <b>Reverend Glokner</b>            1:00 Current Events            1:30 Baseball Trivia            2:00 Word Search            Independence Day            3:00 Exercises/Men's Group            3:30 I Am Going to Texas and I am going to...            4:00 Geography Lesson: Southwestern States            4:30 4<sup>th</sup> of July Trivia            5:00 Movie            Crafts All Day</p>	<p>10:00 Bingo/Tic Tac Toe            10:30 Red, White, or Blue or Not?            11:00 Seated Strength            11:30 Current Events            1:00 Marc Baskinds            1:30 Mixed up            Independence Day Word Scramble            2:00 Exercises            3:00 Corn Hole            3:30 Coloring Club &amp; History of US            4:00 Independence Day Secret Quote            4:30 Hangman            5:00 Movie</p>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>10:00</b> Target Toss <b>10:30</b> Chair Aerobics <b>11:00</b> Council Meeting <b>11:30</b> Current Events <b>1:00</b> <b>Marie Anderson</b> <b>2:00</b> Basketball <b>3:00</b> Exercises <b>3:30</b> Travelogue: London <b>4:00</b> Drums for Fun <b>4:30</b> Red, White & Blue Trivia <b>5:00</b> Movie	<b>10:00</b> Bingo/Tic Tac Toe <b>10:00</b> <b>Outing: Bowling</b> <b>11:00</b> WalkingClub/Spelling Bee <b>11:30</b> Seated Strength <b>1:00</b> <b>Keith Campbell</b> <b>2:00</b> Current Events <b>3:00</b> Exercises <b>3:30</b> Canada Day Trivial Pursuit <b>4:00</b> Short Stories <b>4:30</b> Hoola--hoop Games <b>5:00</b> Movie Crafts All Day	<b>10:00</b> Gardening/Bible Study <b>10:30</b> Exercises <b>11:00</b> National Parks: Main Acadia <b>11:30</b> Current Events <b>1:00</b> Tic Tac Toe <b>1:30</b> Golf <b>2:00</b> Crafts/Remembering The Monkees' <b>3:00</b> Meet Justin Treadeau <b>3:30</b> Corn Hole Tournament <b>4:00</b> Table Games <b>4:30</b> Categories <b>5:00</b> Movie	<b>10:00</b> Bean Bag Toss <b>10:30</b> Chair Aerobics <b>11:00</b> <b>Reverend Glokner</b> <b>1:00</b> <b>Saxy Keys</b> <b>2:00</b> Corn Hole <b>3:00</b> Exercises <b>3:30</b> Meet Nelson Mandela <b>4:00</b> Current Events <b>4:30</b> Name Famous Pairs <b>5:00</b> Movie Crafts All Day	<b>10:00</b> Bingo/Tic Tac Toe <b>10:30</b> Exercises <b>11:00</b> Current Events/Walking Club <b>11:30</b> Create a Story <b>1:00</b> Afternoon Stretch <b>1:30</b> Coloring Club/Hangman <b>2:00</b> Brown Bag <b>3:00</b> Ball Toss <b>3:30</b> Trivia <b>4:00</b> Reader's Digest Tidbits <b>4:30</b> Nutrition <b>5:00</b> Movie
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>10:00</b> Target Toss <b>10:30</b> Chair Aerobics <b>11:00</b> Yankee Doodle Word Search <b>11:30</b> Current Events <b>1:00</b> Interesting Facts About Red Skelton <b>1:30</b> Exercises <b>2:00</b> Trivia <b>3:00</b> Name That Song <b>3:30</b> Basketball <b>4:00</b> Remembering	<b>10:00</b> Bingo/Tic Tac Toe <b>10:30</b> Morning Movement <b>11:00</b> Walking Club/Wildflowers <b>11:30</b> Current Events <b>1:00</b> <b>Bobby Wood</b> <b>Painting/Categories</b> <b>2:00</b> Seated Strength <b>3:00</b> Parachute Games <b>3:30</b> Father's Day Puzzle	<b>10:00</b> Exercises <b>10:30</b> <b>Outing to Mall &amp; Lunch at Food Court/US Geography – MidAtlantic States</b> <b>11:00</b> Word Mining <b>11:30</b> Current Events <b>1:00</b> Tic Tac Toe <b>1:30</b> Crafts/Table Games <b>2:00</b> Golf <b>3:00</b> Bean Bag Toss <b>3:30</b> Exercises	<b>10:00</b> Bean Bag Toss <b>10:30</b> Senior Stretch <b>11:00</b> <b>Rev. Glokner</b> <b>1:00</b> <b>Retro Metro</b> <b>2:00</b> This is Your Life <b>3:00</b> Men's Group/Current Events <b>3:30</b> Exercises <b>4:00</b> State Game <b>4:30</b> Ball Toss <b>5:00</b> Movie Crafts All Day	<b>10:00</b> Bingo/Corn Hole <b>10:30</b> Let's Chat <b>11:00</b> Current Events <b>11:30</b> Exercises <b>1:00</b> Learn About Caverns <b>1:30</b> Word Scarmble <b>2:00</b> Up and Moving <b>3:00</b> Spelling <b>3:30</b> Brown Bag <b>4:00</b> Remember When <b>4:30</b> Color Categories

<p>1966  <b>4:30</b> Therabands  <b>5:00</b> Movie</p>	<p><b>4:00</b> Noodle Fight  <b>4:30</b> Travelogue:  Pennsylvania Dutch  Country  <b>5:00</b> Movie  Crafts All Day</p>	<p><b>4:00</b> Summer Stories  <b>4:30</b> Therabands  <b>5:00</b> Movie</p>		<p><b>5:00</b> Movie</p>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>10:00</b> Exercises  <b>10:30</b> Basketball  <b>11:00</b> Horseracing  <b>11:30</b> Current Events  <b>1:00</b> Science Lesson:  Famous Experiments  <b>1:30</b> Reader's Digest  Quotes  <b>2:00</b> Card  Games/History of  Fireworks  <b>3:00</b> Therabands  <b>3:30</b> Bean Bag Toss  <b>4:00</b> Word Rhymes  <b>4:30</b> Geography  Lesson  <b>5:00</b> Movie</p>	<p><b>10:00</b> Bingo/Tic Tac Toe  <b>10:30</b> Morning Movement  <b>11:00</b> Walking  Club/Table Games  <b>11:30</b> Current Events  <b>1:00</b> Baking  <b>1:30</b> Spelling Bee  <b>2:00</b> Seated Strength  <b>3:00</b> Parachute Games  <b>3:30</b> Favorite Magazines  <b>4:00</b> Noodle Fight  <b>4:30</b> Photographs of  Ansel Adams  <b>5:00</b> Movies</p>	<p><b>10:00</b> Exercises/Bible  Study  <b>10:30</b> <b>Outing to Pin Ball  Museum and Lunch</b>  <b>11:00</b> Word Mining  <b>11:30</b> Current Events  <b>1:00</b> <b>Rag Top</b>  <b>1:30</b> Crafts/Table Games  <b>2:00</b> Armchair Exercises  <b>3:00</b> Bean Bag Toss  <b>3:30</b> Golf  <b>4:00</b> Summer Stories  <b>4:30</b> Therabands  <b>5:00</b> Movies</p>	<p><b>10:00</b> Bean Bag Toss  <b>10:30</b> Senior Stretch  <b>11:00</b> Reverend Glockner  <b>1:00</b> John Yates Performs  <b>2:00</b> Short Stories  <b>3:00</b> Current Events  <b>3:30</b> Exercises  <b>4:00</b> Visiting Boston  <b>4:30</b> Sports Talk  <b>5:00</b> Movies  Crafts All Day</p>	<p><b>10:00</b> Bingo/Corn Hole  <b>10:30</b> Art Appreciation  <b>11:00</b> Current Events  <b>11:30</b> Exercises  <b>1:00</b> National Parks  <b>2:00</b> Up and  Moving/Home Depot  <b>3:00</b> Spelling Bee  <b>3:30</b> Focus on States  <b>4:00</b> Nutrition  <b>5:00</b> Movie</p>

<b>Monday</b>	<b>Tuesday</b>			
<p style="text-align: right;"><b>30</b></p> <p><b>10:00</b> Word Search  <b>10:30</b> Morning Exercise  <b>11:00</b> Corn Hole  <b>11:30</b> Current Events  <b>1:00</b> You Be the Judge  <b>1:30</b> Spelling Bee  <b>2:00</b> Card Games/Golf  <b>3:00</b> Create a Story  <b>3:30</b> Word Rhymes  <b>4:00</b> Photographs of Africa  <b>4:30</b> Categories  <b>5:00</b> Movie</p>	<p style="text-align: right;"><b>31</b></p> <p><b>10:00</b> Bingo  <b>10:30</b> Morning Movement  <b>11:00</b> Walking Club/Remember When  <b>11:30</b> Current Events  <b>1:00</b> <b>Robbie Vance</b>  <b>2:00</b> Chair Aerobics  <b>2:30</b> <b>Monthly Birthday Party</b>  <b>3:00</b> Balloon Volleyball  <b>4:00</b> Jokes  <b>4:30</b> Trivia  <b>5:00</b> Movie  Crafts All Day</p>		<p>Meals (see attached menu)  9:30 – AM Snack  12 Noon – Lunch  2:30 PM – Snack</p> <p><b>Daily Alternative</b>  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><b>FYI:</b>  The Caregiver’s Support Group is held the second Tuesday of every month.</p> <p><b>Save Date of: Tues. July 10 at 1:30-3:00 pm</b></p>