

Adult Care Center of Roanoke Valley

Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals (see attached menu) 9:30 – AM Snack 12 Noon – Lunch 2:30 PM – Snack</p> <p>Daily Alternative 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: The Caregiver’s Support Group is held the second Tuesday of every month.</p> <p>Save Date of: Tues. August 14 at 1:30-3:00 pm</p>	<p style="text-align: right;">1</p> <p>10:00 Gardening/ Bible Study 10:30 Exercises 11:00 A Perfect Panini Word Search 11:30 Current Events 1:00 Berryville Baptist Youth Choir 2:00 Crafts/Snake Charmers in India 2:30 Make Your Own Sundaes 3:00 Yoga w/Jeanni 3:30 Corn Hole Tournament 4:00 Table Games 4:30 Categories 5:00 Movie</p>	<p style="text-align: right;">2</p> <p>10:00 Bean Bag Toss 10:30 Chair Aerobics 11:00 Reverend Glokner 1:00 Current Events 1:30 Baseball Trivia 2:00 Mixed up Gemstones 3:00 Exercises/Men’s Group 3:30 I Am Going to San Francisco/Alcatraz and I am going to... 4:00 Geography Lesson: Volcanoes 4:30 Searching for August 5:00 Movie Crafts All Day</p>	<p style="text-align: right;">3</p> <p>10:00 Bingo/Tic Tac Toe 10:30 August IQ 11:00 Seated Strength 11:30 Current Events 1:00 Marc Baskinds 1:30 Spelling Bee 2:00 Exercises 3:00 Corn Hole 3:30 Coloring Club & History of Television 4:00 Famous August Birthdays 4:30 Hangman 5:00 Movie</p>

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
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 Travelogue: Germany 4:00 Drums for Fun 4:30 Trivia 5:00 Movie	10:00 Bingo/Tic Tac Toe 10:00 Outing: Bowling 11:00 Walking Club/ Spelling Bee 11:30 Seated Strength 1:00 Old & Interesting 1:30 A 45-Foot Sandcastle 2:00 Current Events 3:00 Exercises 3:30 Trivial Pursuit 4:00 Short Stories 4:30 Hoo-la--hoop Games 5:00 Movie Crafts All Day	10:00 Gardening/ Bible Study 10:30 Exercises 11:00 Bring in the Clowns Word Search 11:30 Current Events 1:00 Tic Tac Toe 1:30 Golf 2:00 Crafts/Remembering Beach Trips 2:30 Make Your Own Sundaes 3:00 Yoga w/Jeanni 3:30 Corn Hole Tournament 4:00 Table Games 4:30 Dog Day Tales 5:00 Movie	10:00 Bean Bag Toss 10:30 Chair Aerobics 11:00 Reverend Glokner 1:00 Saxy Keys 2:00 Corn Hole 3:00 Exercises 3:30 Meet Clint Eastwood 4:00 Current Events 4:30 Beautiful Birthstones Matching 5:00 Movie Crafts All Day	10:00 Bingo/Tic Tac Toe 10:30 Exercises 11:00 Current Events/Walking Club 11:30 Create a Story 1:00 Afternoon Stretch 1:30 Coloring Club/Hangman 2:00 Brown Bag 3:00 Ball Toss 3:30 Rock's Categories 4:00 Reader's Digest Tidbits 4:30 Nutrition 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
10:00 Target Toss 10:30 Chair Aerobics 11:00 Word Search 11:30 Current Events 1:00 Keith Campbell 2:00 Clowning Around Discussion 3:00 Yoga w/Jeanni 3:30 Basketball 4:00 Remembering	10:00 Bingo/Tic Tac Toe 10:30 Morning Movement 11:00 Walking Club/Finding Lucy 11:30 Current Events 1:00 Bobby Wood Painting/Categories 2:00 Seated Strength 3:00 Parachute Games	10:00 Exercises 10:30 Outing to Downtown Food Court/Curry The Spice of India 11:00 Word Mining 11:30 Current Events 1:00 Tic Tac Toe 1:30 Crafts/Table Games 2:00 Golf	10:00 Bean Bag Toss 10:30 Scenic Tour and Lunch w/Mike 10:30 Senior Stretch 11:00 Rev. Glokner 1:00 Retro Metro 2:00 This is Your Life 3:00 Men's Group/Current Events 3:30 Exercises	10:00 Bingo/Corn Hole 10:30 Let's Chat 11:00 Current Events 11:30 Exercises 1:00 Lama Trekking in Bolivia 1:30 Word Scramble 2:00 Up and Moving 2:30 Chili Cookoff 3:00 Spelling Bee

<p>1970s 4:30 Therabands 5:00 Movie</p>	<p>3:30 Star of the Month: Hale Berry 4:00 Noodle Fight 4:30 Travelogue: Victoria, British Columbia 5:00 Movie Crafts All Day</p>	<p>3:00 Yoga w/Jeanni 3:30 Exercises 4:00 Change a Letter 4:30 Therabands 5:00 Movie</p>	<p>4:00 Learn About Ocean Currents, Tides, & Waves 4:30 Ball Toss 5:00 Movie Crafts All Day</p>	<p>3:30 Brown Bag 4:00 Remember When 4:30 Trail Categories 5:00 Movie</p>
Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
<p>10:00 Exercises 10:30 Basketball 11:00 Horseracing 11:30 Current Events 1:00 Science Lesson: Madame Curie 1:30 Reader's Digest Quotes 2:00 Card Games/History of Bicycles 3:00 Yoga w/Jeanni 3:30 Bean Bag Toss 4:00 Word Rhymes 4:30 Hoola hoop Games 5:00 Movie</p>	<p>10:00 Bingo/Tic Tac Toe 10:30 Morning Movement 11:00 Walking Club/Table Games 11:30 Current Events 1:00 Baking 1:30 Spelling Bee 2:00 Seated Strength 3:00 Parachute Games 3:30 Trivia 4:00 Noodle Fight 4:30 Photographs of Animals/Pets 5:00 Movies</p>	<p>10:00 Exercises/Bible Study 10:30 Outing to Bowling 11:00 Word Mining 11:30 Current Events 1:00 Rag Top 1:30 Crafts/Table Games 2:00 Armchair Exercises 2:30 Make Your Own Pizza 3:00 Yoga w/Jeanni 3:30 Golf 4:00 Summer Stories 4:30 Horseshoes 5:00 Movies</p>	<p>10:00 Bean Bag Toss 10:30 Senior Stretch 11:00 Reverend Glockner 1:00 Carving Watermelon Boats/Table Games 2:00 What Am I? 3:00 Current Events 3:30 Exercises 4:00 Visiting Chicago 4:30 Sports Talk 5:00 Movies Crafts All Day</p>	<p>10:00 Bingo/Corn Hole 10:30 Art Appreciation 11:00 Current Events 11:30 Exercises 1:00 Luau Party 2:00 Up and Moving/Home Depot 3:00 Spelling Bee 3:30 Focus on States 4:00 Tic Tac Toe 5:00 Movie</p>

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
10:00 Word Search 10:30 Morning Exercise 11:00 Corn Hole 11:30 Current Events 1:00 You Be the Judge 1:30 Spelling Bee 2:00 Card Games/Golf 3:00 Yoga w/Jeanni 3:30 Word Rhymes 4:00 Photographs of Ruth Parsons Collection 4:30 Categories 5:00 Movie	10:00 Bingo 10:30 Morning Movement 11:00 Walking Club/Remember When 11:30 Current Events 1:00 Robbie Vance 2:00 Chair Aerobics 3:00 Balloon Volleyball 4:00 Jokes 4:30 Trivia 5:00 Movie Crafts All Day	10:00 Exercises/Bible Study 10:30 Airport Tour & Lunch w/Mike 11:00 Word Mining 11:30 Current Events 1:00 Parachute Games 1:30 Crafts/Table Games 2:00 Armchair Coloring Club 3:00 Yoga w/Jeanni 3:30 Bean Bag Toss 4:00 Summer Stories 4:30 Therabands 5:00 Movies	10:00 Horseracing 10:30 Senior Stretch 11:00 Reverend Glockner 1:00 Card Games 1:30 Famous People 2:00 Short Stories 2:30 Birthday Cake 3:00 Current Events/Men's Group 3:30 Exercises 4:00 Visiting Bar Harbor 4:30 Summer Remembrances 5:00 Movies Crafts All Day	10:00 Bingo/Corn Hole 10:30 Art Appreciation 11:00 Current Events 11:30 Exercises 1:00 Word Web 2:00 Up and Moving/ Home Depot 2:30 Make Your Own Tacos 3:00 Spelling Bee 3:30 Focus on States 4:00 Nutrition 5:00 Movie