

Adult Care Center of Roanoke Valley Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Walk to End Alzheimer's</p> <p style="text-align: center;">Saturday, October 27th Elmwood Park 8:30 am</p> <p style="text-align: center;">Join our Team!</p> <p style="text-align: center;">Contact Ruth or Renee</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 style="text-align: center;">Meals (see attached menu)</p> <p style="text-align: center;">9:30 – AM Snack 12 Noon – Lunch 2:30 PM – Snack</p>		<p style="text-align: center;">The Caregiver's Support Group is held the second Tuesday of every month.</p> <p style="text-align: center;">Save Date of: Wed. October 9th 1:30-3:00 p.m. ACCRV Conference Room</p>

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00 Target Toss 10:30 Chair Aerobics 11:00 Council Meeting 11:30 Current Events 1:00 Marie Anderson 2:00 September Facts 3:00 Exercise 3:30 Basketball 4:00 Remembering Elvis 4:30 Therabands 5:00 Movie	10:00 Bingo/Tic Tac Toe 10:00 Ship in a Bottle 10:30 Sports Talk 11:00 WalkingClub/ Word Mining 11:30 Seated Strength 1:00 Crossword 1:30 Spelling 2:00 Current Events 3:00 Exercises 3:30 Trivia 4:00 Hoola Hoop Games 4:30 Columbus Day Discussion 5:00 Movie Crafts All Day	10:00 Horseshoes 10:30 Exercises 11:00 Categories 11:30 Current Events 1:00 Tic Tac Toe 1:30 Golf 2:00 Crafts/Famous Sayings 3:00 Yoga w/Jeanni 3:30 Corn Hole Tournament 4:00 Spelling Columbus Day 4:30 The Joys of Grandparenting 5:00 Movie	Mike's Birthday 10:00 Bean Bag Toss 10:30 Outing to Taubman: Iconic Cars/MotorCycles/Chair Aerobics 11:00 Reverend Glockner 1:00 Bernadette's Music Ministry 2:00 Current Events 3:00 Exercises 3:30 Meet Roy Rogers 4:00 Horseracing 4:30 Ocean Categories 5:00 Movie Crafts All Day 	10:00 Bingo/Balloon Volleyball 10:30 Exercises 11:00 Marc Baskind 1:00 Afternoon Stretch 1:30 Columbus Day Process of Elimination 2:00 Brown Bag 3:00 Current Events 3:30 Categories 4:00 Reader's Digest Tidbits 4:30 Halloween Memories 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
Columbus Day 10:00 Target Toss 10:30 Chair Aerobics 11:00 Council Meeting 11:30 Current Events 1:00 Keith Campbell 2:00 October Facts 3:00 Yoga w/Jeanni 3:30 Basketball 4:00 Remembering Fall Stories 4:30 Therabands	9:30 Outing: Bowling 10:00 Bingo/Tic Tac Toe 10:30 Morning Movement 11:00 Walking Club/Golf 11:30 Current Events 1:00 Columbus Word Day Lis 2:00 Seated Strength 3:00 Parachute Games 3:30 Star of the Month: Lucille Ball 4:00 Noodle Fight	10:00 Exercises 10:30 Create a Story 11:00 Word Mining 11:30 Current Events 1:00 Make Scarecrows 1:30 Crafts/Table Games 2:00 Corn Hole Tournament 3:00 Yoga w/Jeanni 3:30 Short Stories 4:00 Drums for Fun 4:30 Therabands 5:00 Movie	10:00 Bean Bag Toss 10:30 Scenic Tour and Pumpkin Picking/Current Events 10:30 Senior Stretch 11:00 Rev. Glockner 1:00 Saxy Keys 3:00 Men's Group/Current Events 3:30 Exercises 4:00 Learn About the How Leaves Turn 4:30 Ball Toss 	10:00 Bingo w/Corn Hole 10:30 Let's Chat 11:00 Current Events 11:30 Exercises 1:00 Auction 2:00 Up and Moving 3:00 Spelling Bee 3:30 Golf 4:00 Remember When 4:30 Book Review 5:00 Movie

5:00 Movie	4:30 Travelogue: Fall Photos 5:00 Movie Crafts All Day		5:00 Movie Crafts All Day	
Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19
HAT DAY 10:00 Exercises 10:30 Basketball 11:00 Council Meeting 11:30 Current Events 1:00 Spelling Bee 1:30 How Much Do You Know About Halloween? 2:00 Switzerland 3:00 Yoga w/Jeanni 3:30 Bean Bag Toss 4:00 Word Rhymes 4:30 Hoolahoop Games 5:00 Movie	10:00 Bingo/Tic Tac Toe 10:30 Morning Movement 11:00 Walking Club/Table Games 11:30 Current Events 1:00 Baking/ Bobby Woods Painting 1:30 Spelling Bee 2:00 Seated Strength 3:00 Parachute Games 3:30 Trivia 4:00 Noodle Fight 4:30 Favorite Sayings 5:00 Movies	9:30 Outing to Bowling 10:00 Exercises/Book Club 10:30 Basketball 11:00 Word Mining 11:30 Current Events 1:00 Rag Top 2:00 Ball Toss 3:00 Yoga w/Jeanni 3:30 Create a Story 4:00 Table Games 4:30 Horseshoes 5:00 Movies	10:00 Bean Bag Toss 10:30 Senior Stretch 11:00 Reverend Glockner 1:00 Retro Metro 2:00 Crafts/ Home Depot 3:00 Current Events 3:30 Exercises 4:00 History Lesson 4:30 Sports Talk 5:00 Movies Crafts All Day	10:00 Bingo with Samantha/Corn Hole 10:30 Art Appreciation 11:00 Exercises 11:30 Current Events 1:00 Hangman 2:00 Up and Moving 3:00 Spelling Bee 3:30 Focus on States 4:00 Tic Tac Toe 5:00 Movie

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
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 Assorted Photographs 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 10:30 Horseshoes 11:00 Word Mining 11:30 Current Events 1:00 Rag Top 2:00 Coloring Club 3:00 Yoga w/Jeanni 3:30 Bean Bag Toss 4:00 Hangman 4:30 Therabands 5:00 Movie	10:00 Horseracing 10:30 Senior Stretch 11:00 Reverend Glockner 1:00 John Yates 2:00 Short Stories 3:00 Current Events/Book Club 3:30 Exercises 4:00 Poetry 4:30 Famous Couples 5:00 Movie Crafts All Day	10:00 Bingo/Corn Hole 10:30 Art Appreciation 11:00 Exercises 11:30 Current Events 1:00 Hangman 1:30 Autumn Memories 2:00 Up and Moving 3:00 Ball Toss 3:30 Focus on States 4:00 Football Talk 5:00 Movie
Monday	Tuesday	Wednesday	Thursday	Friday
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 2:30 Birthday Pizza Party!	10:00 Bingo 10:30 Morning Movement 11:00 Walking Club/Remember Adams Family 11:30 Current Events 1:00 Robbie Vance/Home Depot 2:00 Chair Aerobics 3:00 Balloon Volleyball	Happy Halloween 9:30 Outing to Bowling 10:00 Exercises/Book Club 10:30 Basketball 11:00 Word Mining 11:30 Current Events 1:00 Halloween Parade/Rag Top 2:00 Ball Toss 3:00 Yoga w/Jeanni 3:30 Halloween Hangman 4:00 Table Games 4:30 Horseshoes		

3:00 Yoga w/Jeanni 3:30 Word Rhymes 4:00 Photography of Fall Foilage 4:30 Categories 5:00 Movie	4:00 Jokes 4:30 Monster Mash YouTube 5:00 Movie Crafts All Day	5:00 Movies		
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