



MAY 2017

Activities Calendar Adult Care Center of Roanoke Valley

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00 Current Events 10:30 May IQ 11:30 Seated Exercise 1:00 Mixed Up May 1:30 Reminisce – Nursery Rhymes 2:00 Wackie Wordies 3:00 Yoga with Jeanni! 3:30 Nutrition 4:00 Name 5 4:30 Viewer’s Choice	10:00 Bingo 11:00 Current Events 11:30 UP and Moving 1:00 Trivia Race 2:00 Seated Stretch 3:00 Bowling 3:30 You Be The Judge 4:30 Viewer’s Choice	10:00 Current Events 10:30 Morning Movement 11:00 Word Search Wednesday 1:00 Who am I? 1:00 Coloring Club 2:00 Music Requests 3:00 Yoga with Jeanni! 3:30 Ring Toss 4:00 Sock It To Me 4:30 Viewer’s Choice	10:00 Current Events 10:00 Walking Club 10:30 Chair Aerobics 11:00 Rev. Glokner 1:00 Faith Fellowship 2:00 Senior Stretch 3:00 Travel Trivia 3:30 Minute To Win It 4:30 Viewer’s Choice	10:00 Bingo 11:00 Current Events 11:30 Senior Zumba 1:00 Blue Finger Tie Dye Party 1:00 Word Mining 2:00 Afternoon Stretch 3:00 Wacky Wordies 3:30 Oddly Obvious 4:30 Viewer’s Choice
<u>WARREN + JAKE!</u> 8	9	10	11	<u>SAXY KEYS!</u> 12
10:00 Current Events 10:30 Up and Moving 11:00 Star of the Month 1:00 Warren + Jake 2:00 Which War Was It? 3:00 Yoga with Jeanni! 3:30 Nutrition 4:00 Reminisce 4:30 Viewer’s Choice	10:00 Bingo 11:00 Current Events 11:30 Morning Movement 1:00 Lost Sock Memorial Day – Sock Puppets 2:00 Afternoon Stretch 3:00 Would You Rather 3:00 Coloring Club 3:30 Ring Toss 4:00 Reminisce 4:30 Viewer’s Choice	10:00 Current Events 10:00 Walking Club 10:30 Seated Strength 11:00 Word Search Wednesday 1:00 Football Trivia 1:15 Arts Fusion 2:00 Drum Circle 3:00 Yoga with Jeanni! 3:30 Word Unscramble 4:00 Winston Churchill Day 4:30 Viewer’s Choice	10:00 Current Events 10:30 Senior Zumba 11:00 Rev. Glokner 1:00 UP and Moving 1:30 Balloon Volleyball 3:00 Irving Berlin Day 4:00 Brain Games 4:30 Viewer’s Choice	10:00 Bingo 11:00 Current Events 11:30 Morning Movement 1:00 Saxy Keys 2:00 Seated Strength 3:00 Trivia 4:00 Reminisce 4:30 Viewer’s Choice

<p style="text-align: right;">15</p> <p>10:00 Current Events 10:30 Chair Aerobics 11:00 National Train Day 1:00 A "Wonderful Day" 2:00 Word Mining 3:00 Yoga with Jeanni! 3:30 Nutrition 4:00 Lyman Frank Baum Day 4:30 Viewer's Choice</p>	<p style="text-align: right;">16</p> <p>10:00 Bingo 11:00 Current Events 11:30 Up and Moving 1:00 Cranium Crunches 1:15 Paint Class with Bobby Wood 2:00 Afternoon Stretch 3:00 Who Am I? 4:00 Reminisce 4:30 Viewer's Choice</p>	<p style="text-align: right;">17</p> <p>10:00 Current Events 10:30 Senior Zumba 11:00 Word Search Wednesday 1:00 Balloon Volleyball 2:00 Flower Superstitions 3:00 Yoga with Jeanni! 3:30 Sing Along 4:30 Viewer's Choice</p>	<p style="text-align: right;">18</p> <p>10:00 Current Events 10:30 Seated Strength 11:00 Rev. Glokner 1:00 Faith Fellowship 2:00 Seated Exercise 3:00 Happy Birthday Perry Como 4:00 Pictionary 4:30 Viewer's Choice</p>	<p style="text-align: right;">19</p> <p style="text-align: center;"><u>RAGTOP!</u></p> <p>10:00 Bingo 10:00 Walking Club 11:00 Current Events 11:30 Morning Movement 1:00 RagTop 2:00 Senior Stretch 3:00 Pun Off Day 3:00 Coloring Club 3:30 Perry Moon Day 4:30 Viewer's Choice</p>
<p style="text-align: right;">22</p> <p>10:00 Current Events 10:00 Walking Club 10:30 Chair Aerobics 11:00 Spirit of St. Louis 1:00 Sir Arthur Conan Doyle Day 1:00 Memorial Day Crafts 2:00 Name That Tune 3:00 Yoga with Jeanni! 3:30 Nutrition 4:00 Reminisce 4:30 Viewer's Choice</p>	<p style="text-align: right;">23</p> <p style="text-align: center;"><u>ROBBIE VANCE!</u></p> <p>10:00 Bingo 11:00 Current Events 11:30 Morning Movement 1:00 Robbie Vance 2:00 UP and Moving! 3:00 Golf Tournament 4:00 Can You Picture This 4:30 Viewer's Choice</p>	<p style="text-align: right;">24</p> <p>10:00 Current Events 10:30 Seated Exercise 11:00 Hangman 1:00 Word Search Wednesday 2:00 Music with Angie 3:00 Yoga with Jeanni! 3:30 Ring Toss 4:00 Simon Says 4:30 Viewer's Choice</p>	<p style="text-align: right;">25</p> <p style="text-align: center;"><u>KEITH CAMPBELL!</u></p> <p>10:00 Current Events 10:30 Senior Zumba 11:00 Rev. Glokner 1:00 Keith Campbell 2:00 Chair Aerobics 3:00 History of Tap Dance 4:00 Star Wars Trivia 4:30 Viewer's Choice</p>	<p style="text-align: right;">26</p> <p>10:00 Bingo 11:00 Current Events 11:30 Seated Strength 1:00 The Duke's B'Day 2:00 Afternoon Stretch 3:00 Balloon Volleyball 4:00 The Jazz Singers Day 4:30 Viewer's Choice</p>

29		30		31	
CLOSED FOR MEMORIAL DAY!	10:00 Bingo 10:00 Walking Club 11:00 Current Events 11:30 Morning Movement 1:00 What Am I? 1:30 Spelling Bee 2:00 UP and Moving! 3:00 Song Trivia 3:30 Happy Birthday Ian Fleming 4:30 Viewer's Choice	10:00 Current Events 10:30 Seated Exercise 11:00 Travelogue 1:00 Word Search Wednesday 2:00 Simon Says 3:00 Yoga with Jeanni! 3:30 The Man of 1,000 Voices 4:30 Viewer's Choice			

May 9th is Lost Sock Memorial Day. This is a special day devoted to all those missing socks. Each year, dozens of people around the world stop and reflect by holding a moment of silence for all those missing socks.

We have decided to help those socks that have lost their pair by giving them a new purpose and making them into sock puppets.

If you have any mismatched socks laying around that need a new destiny, please bring one in on May 9th.