




# Adult Care Center of Roanoke Valley Activity Calendar October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Meals</b> <b>(See attached menu)</b> <b>9:30 AM - Breakfast</b> <b>12 Noon - Lunch</b> <b>2:30 PM - Snack</b></p> <hr/> <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 Person Centered Activities, Board Games, Checkers, Puzzles, Card Games, Small Crafts, and Coloring Page</p>	<p><b>The Caregiver's Support Group is held the 2<sup>nd</sup> Tuesday of every month!</b> <b>Save the date of Tuesday, October 8th</b> <b>1:30 - 3 pm. Held at ACCRV Conference Room.</b> <b>Contact Pam Phipps if you have any questions.</b></p>			

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<p style="text-align: right;"><b>1</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Word Scramble  <b>11:00</b> Virtual Travel-Borneo  <b>11:30</b> Noodle ball exercise  <b>1:00</b> <b>Music Therapy</b>  <b>2:00</b> Exercise  <b>3:00</b> Movie: Monster House  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>2</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> What's my line  <b>11:00</b> Hangman  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Baseball Humor  <b>2:00</b> BINGO  <b>3:00</b> Movie: Goose Bumps  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>3</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current events  <b>10:30</b> <b>Church Service</b>  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Karaoke  <b>3:00</b> Nails  <b>3:00</b> Movie: Ghost Busters  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>4</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Simon Says  <b>11:00</b> Name that tune  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Halloween Crafts  <b>2:00</b> Bingo  <b>3:00</b> Movie: Scaredy Cats  <b>5:00</b> Person Centered</p>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p style="text-align: right;"><b>7</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Ghoulish humor  <b>11:00</b> Balloon volleyball  <b>11:30</b> Groucho Marx  <b>1:00</b> Exercise  <b>1:30</b> What's my line  <b>3:00</b> Movie: Monster Hunting  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>8</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Bats &amp; baseball trivia  <b>11:00</b> Corn Hole  <b>11:30</b> Exercises  <b>1:00</b> <b>Music Therapy</b>  <b>2:00</b> Exercises  <b>3:00</b> Movie: The Curse of Bridge Hallow  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>9</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> <b>Mill Mountain Zoo</b>  <b>11:30</b> Exercise  <b>1:00</b> Noodle ball exercise  <b>1:30</b> Modern Jeopardy Trivia  <b>2:00</b> BINGO  <b>3:00</b> Movie: Mr. Harrigan's phone  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>10</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:00</b> <b>Scenic Outing</b>  <b>10:05</b> Current events  <b>10:30</b> <b>Church Service</b>  <b>11:30</b> Exercise  <b>1:00</b> <b>Saxy Keys</b>  <b>2:00</b> Exercise  <b>3:00</b> Nails  <b>3:00</b> Movie: Vampires vs. the Bronx  <b>5:00</b> Person Centered</p>	<p style="text-align: right;"><b>11</b></p> <p><b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Hangman  <b>11:00</b> Reminiscing-Favorite Trick or treating costume  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> BINGO  <b>3:00</b> Movie: We have a ghost  <b>5:00</b> Person Centered</p>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>10:00</b> Pledge Allegiance <b>10:05</b> Current events <b>10:30</b> History of Columbus Day <b>11:00</b> What's my line <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> October EZ does it trivia <b>2:00</b> <b>Easy Pickins' Band!</b> <b>3:00</b> Movie: A series of unfortunate events <b>5:00</b> Person Centered  <b>Columbus Day</b>	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> What's my line <b>11:00</b> Virtual field trip- participant choice <b>11:30</b> Exercise <b>1:00</b> <b>Music Therapy</b> <b>2:00</b> Exercise <b>3:00</b> Movie: Hubie Halloween <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Word scramble <b>11:00</b> Reminisce – favorite tv shows <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> General knowledge trivia <b>2:00</b> Bingo <b>3:00</b> Movie: Field of Dreams <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> <b>Church Service</b> <b>11:30</b> Exercise <b>1:00</b> Karaoke <b>2:00</b> Exercise <b>3:00</b> Nails <b>3:00</b> Movie: Troll <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Trivia <b>11:00</b> Hangman <b>11:30</b> Exercise <b>1:00</b> Exercise <b>1:30</b> Bingo <b>2:00</b> Water coloring <b>3:00</b> Movie: Always a witch <b>5:00</b> Person Centered
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Word scramble <b>11:00</b> Virtual field trip <b>11:30</b> Balloon volleyball exercise <b>1:00</b> Exercise <b>1:30</b> Corn hole <b>2:00</b> Coloring- pumpkin <b>3:00</b> Movie: Under the shadow <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Hangman <b>11:00</b> General knowledge trivia <b>11:30</b> Exercise <b>1:00</b> Keith Campbell <b>1:00</b> Crafts with Dottie <b>2:00</b> Exercise <b>2:30</b> <b>Participant Council</b> <b>3:00</b> Movie: Wednesday <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:00</b> <b>Scenic Tour</b> <b>10:05</b> Current Events <b>10:30</b> What's my line <b>11:00</b> Trivia <b>11:30</b> Exercise <b>1:00</b> <b>Music Therapy</b> <b>2:00</b> Exercise <b>3:00</b> Movie: A babysitter's guide to monster hunting <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> <b>Church Service</b> <b>11:30</b> Exercise <b>1:00</b> Exercises <b>1:30</b> BINGO <b>2:00</b> Karaoke <b>3:00</b> Nails <b>3:00</b> Movie: Slumberland <b>5:00</b> Person Centered	<b>10:00</b> Pledge Allegiance <b>10:05</b> Current Events <b>10:30</b> Music trivia <b>11:00</b> Simon says <b>11:30</b> Noodle ball exercise <b>1:00</b> Exercise <b>1:30</b> Crafts- Halloween <b>3:00</b> Movie: Casper <b>5:00</b> Person Centered

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<p> <b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> What's my line  <b>11:00</b> BINGO  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Workbooks  <b>2:00</b> Simon says  <b>3:00</b> Movie: The Boy Who Cried wolf  <b>5:00</b> Person Centered </p>	<p> <b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> General knowledge trivia  <b>11:00</b> Virtual field trip  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Word scramble  <b>2:00</b> Color a pumpkin  <b>3:00</b> Movie: Goosebumps  <b>5:00</b> Person Centered </p>	<p> <b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30</b> Hangman  <b>11:00</b> What's my line  <b>11:30</b> Exercise  <b>1:00</b> Exercise  <b>1:30</b> Karaoke  <b>2:00</b> BINGO  <b>3:00</b> Movie: Goosebumps2  <b>5:00</b> Person Centered </p>	<p> <b>10:00</b> Pledge Allegiance  <b>10:05</b> Current Events  <b>10:30 Church Service</b>  <b>11:30</b> Exercises  <b>1:00</b> Exercises  <b>1:30</b> History of the Jack-o-lantern  <b>2:00</b> Pumpkin decorating  <b>3:00</b> Nails  <b>3:00</b> Movie: The Great Pumpkin Charlie Brown  <b>5:00</b> Person Centered </p>	