

Adult Care Center of Roanoke Valley Activity Calendar



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Wear a Christmas Sweater on Monday, December 10 and December 21.</p> <p>Santa visits on December 10! Pictures will be taken!</p> | <p>The Caregiver's Support Group is held the second Tuesday of every month.</p> <p>Save Date of: Tues. December 11th 1:30-3:00 p.m. ACCRV Conference Room</p> | <p>Meals (see attached menu)</p> <p>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>Monday, December 31 we will be closing early at 4 p.m.</p> |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3 | 4 | 5 | 6 | 7 |
| 10:00 Exercises 10:30 Basketball 11:00 It's A Wonderful Life Puzzle 11:30 Current Events 1:00 Robbie Vance 1:30 Christmas Cookie Match and Discussion 2:00 Visiting New Zealand 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 Merry Christmas Puzzle 1:30 Spelling Bee 2:00 Seated Strength 3:00 Parachute Games 3:30 Trivia 4:00 Noodle Fight 4:30 Creating Christmas Songs 5:00 Movies | 10:00 Exercises 10:30 Basketball 11:00 Word Mining 11:30 Current Events 1:00 Santa's Elves Word Puzzles 1:30 Table Games/Crafts 2:00 Ball Toss 3:00 Yoga w/Jeanni 3:30 Improvisation 4:00 Table Games/Crafts 4:30 Horseshoes 5:00 Movie | Crafts/Singing with Carrington Place 10:00 Current Events 10:30 Chair Aerobics/Outing Hotel Roanoke 11:00 Reverend Glokner 1:00 Searching the Christmas Tree 1:30 Hangman 2:00 Yes, Virginia, This Editorial Endures 3:00 Exercises 3:30 4:00 Horseracing 4:30 Jeopardy 5:00 Movie | 10:00 Bingo/Balloon Volleyball 10:30 Exercises 11:00 Marc Baskind 11:30 Current Events 1:00 Afternoon Stretch 1:30 Current Events 2:00 Elf on the Shelf Discussion 3:00 Bean Bag Toss 3:30 Categories 4:00 Reader's Digest Tidbits 4:30 Christmas Birthdays 5:00 Movie |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 10 | 11 | 12 | 13 | 14 |
| 10:00 Target Toss 10:30 Chair Aerobics 11:00 Santa Visits and Pictures 1:00 Keith Campbell 1:30 Spelling Bee 2:00 Balloon Volleyball 3:00 Yoga w/Jeanni 3:30 Basketball 4:00 Santa's Secret Quote | 10:00 Bingo/Tic Tac Toe 10:30 Morning Movement 11:00 Walking Club/Golf 11:30 Current Events 12:30 Outing to Movie Dr. Seuss/The Grinch 1:00 Carrolla Singing 2:00 Seated Strength 3:00 Parachute Games 3:30 Star of the Month: Julie Andrews | 10:00 Exercises 10:30 Holiday Poetry 11:00 Word Mining 11:30 Current Events 1:00 Crafts/Table Games 1:30 Spelling Kris Kringle 2:00 Corn Hole Tournament 3:00 Yoga w/Jeanni 3:30 Santa's Elves Puzzle 4:00 Drums for Fun | 10:00 GW Carver 5 th Grade Choir 11:00 Rev. Glokner 1:00 Saxy Keys 2:00 Word Mining 3:00 Current Events 3:30 Exercises 4:00 Learn About Black Ice 4:30 Ball Toss 5:00 Movie | 10:00 Bingo w/Corn Hole 10:30 Let's Chat/Christmas Shopping 11:00 Current Events 11:30 Exercises 1:00 Categories 1:30 Merry Christmas Puzzle 2:00 Up and Moving 3:00 Spelling Bee |

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| 4:30 Therabands 5:00 Movie | 4:00 Noodle Fight 4:30 Travelogue 5:00 Movie | 4:30 Therabands 5:00 Movie | | 3:30 Golf 4:00 Remember When 4:30 Gift Giving Puzzle 5:00 Movie |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 17 | 18 | 19 | 20 | 21 |
| 10:00 Exercises 10:30 Basketball 11:00 Council Meeting 11:30 Current Events 1:00 Spelling Bee 1:30 A Christmas Carol Puzzle 2:00 Visiting Alaska 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/Christmas Shopping 11:00 Walking Club/Table Games 11:30 Current Events 1:00 Bobby Woods Painting 2:00 Seated Strength 3:00 Parachute Games 3:30 Miracle on 34 th Street Word Search 4:00 Noodle Fight 4:30 Holiday Songs Matching 5:00 Movie | 9:30 Outing to Bowling 10:00 East Salem 5 th Grade Choir 10:30 Basketball 11:00 Word Mining 11:30 Current Events 1:00 Hangman 1:30 Golf 2:00 Ball Toss 3:00 Yoga w/Jeanni 3:30 Create a Story 4:00 Spelling December 4:30 Darts 5:00 Movie | 10:00 Exercises 10:30 Fairview Elementary Singing 11:00 Rev. Glokner 1:00 Retro Metro 2:00 Word Mining 3:00 Current Events 3:30 Exercises 4:00 December Easy Does It Trivia 4:30 Ball Toss 5:00 Movie | 10:00 Bingo w/Corn Hole 10:30 Let's Chat/Outing Hotel Roanoke 11:00 Current Events 11:30 Exercises 1:00 Categories 1:30 Snowball Fight 2:00 Up and Moving 3:00 Spelling Bee 3:30 Golf 4:00 Remember When 4:30 Holiday Poetry 5:00 Movie |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 24 | 25 | 26 | 27 | 28 |
| CLOSED | CLOSED | 10:00 Exercises 10:30 Basketball 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 | 10:00 Horseracing 10:30 Senior Stretch 11:00 Reverend Glockner 1:00 John Yates 2:00 New Year's Resolutions 3:00 Current Events 3:30 Exercises 4:00 Coloring Pages | 10:00 Bingo/Corn Hole 10:30 Art Appreciation 11:00 Current Events 11:30 Exercises 1:00 New Year's Eve Celebration/Home Depot 1:30 Parachute Games 2:00 Up and Moving 3:00 Ball Toss |

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| | | 4:30 Therabands 5:00 Movie | 4:30 Jeopardy 5:00 Movie | 3:30 Focus on Presidents 4:00 History Lesson 5:00 Movie |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 31 | 1 | | | |
| CLOSING EARLY AT 4 PM 10:00 Exercises 10:30 Golf 11:00 Current Events 11:30 Trivia 1:00 New Year's Memories 1:30 Hoolahoop Games 2:00 Travelogue 3:00 Yoga w/Jeanni 3:30 Bean Bag Toss | CLOSED | | | |