


July 2010

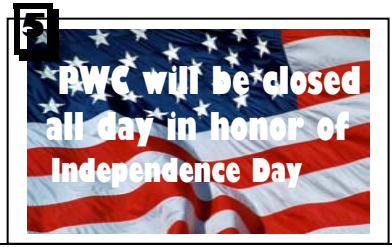


PWC Open House & Family Night
Thursday, July 1st From 5-6:30pm 

Come meet PWC staff and see what our program is really all about. Come give us your input on what you would like to see happen with our program.

1 Year Half Over Day
AM: Rotating Centers (1-5)
Lunch Options: Kroger / Hardees
PM: Large Group Activity: Strength Training
Then: Rotating Centers (1-5)
Outing: Weight Club

2 I Forgot Day
AM: Rotating Centers (1-5)
Lunch Options: Kroger / Macado's
PM: Large Group Activity: Dancing w/ Rick
Then: Rotating Centers (1-5)
Outing: Weight Club



5 PWC will be closed all day in honor of Independence Day

6 Earth Farthest from Sun
AM: Rotating Centers
Lunch Options: Kroger / KFC
PM: Large Group Activity: Dancercise
Then: Rotating Centers
Outing: Weight Club

7 Trip: Mill Mountain Zoo!!
 * Leave PWC @ 9am
 * **Pack a cold lunch!!!**
 * Return to PWC @ 2:30pm
 * **Bring \$6.25 for admission.**
 They have a snack bar for drinks and a gift shop if you want to bring spending money.

8 Declaration of Independence Day
AM: Rotating Centers (1-5)
Lunch Options: Kroger / Wendy's
PM: Large Group Activity: Game Day
Then: Rotating Centers (1-5)
Outing: Weight Club

9 Sam's Baby Shower!!
AM: Rotating Baby Shower Centers
Lunch Options: Kroger / McDonald's
PM: Large Group Activity: Karaoke w/ Sam
Then: Rotating Baby Shower Centers
Outing: Weight Club

12 Etch-A-Sketch BDay (1960)
AM: Rotating Centers (1-5)
Lunch Options: Kroger / Subway
PM: Large Group Activity: Dancing w/ Rick
Then: Rotating Centers (1-5)
Outing: Weight Club

13 Embrace Your Geek Day
AM: Rotating Centers
Lunch Options: Kroger / KFC
PM: Large Group Activity: Dancing w/ Rick
Then: Rotating Centers
Outing: Picnic @ the Frog Pond (A)

14 Cow Appreciation Day
AM: Rotating Centers
Lunch Options: Kroger / Subway
PM: Rotating Centers
Then: Music w/Mike & Gary
Outing: Picnic @ the Frog Pond (B)

15 Gummi Worm Day
AM: Rotating Centers (1-5)
Lunch Options: Kroger / Moe's
PM: Large Group Activity: Free Time
 Progress Notes

16 Brandon's Birthday
AM: Rotating Centers (1-5)
Lunch: Brandon's BDay Lunch
PM: Large Group Activity: Dancercise
Then: Rotating Centers (1-5)
Outing: Weight Club

19 Debbie W.'s Birthday
 (was Sunday)
AM: Rotating Centers (1-5)
Lunch Options: Kroger / Subway
PM: Large Group Activity: Dancing w/ Rick
Then: Rotating Centers (1-5)
Outing: Weight Club

20 1st Moon Landing- 1969
AM: Rotating Centers
Lunch Options: Kroger / KFC
PM: Large Group Activity: Balloon Baseball
Then: Rotating Centers
Outing: Picnic @ the Frog Pond (C)

21 Monkey Day
AM: Rotating Centers
Lunch Options: Kroger / Subway
PM: Large Group Activity: Weight Training
Then: Rotating Centers
Outing: Picnic @ the Frog Pond (D)

22
AM: Rotating Centers (1-5)
Lunch Options: Kroger / Wendy's
PM: Large Group Activity: Dancercise
Then: Rotating Centers (1-5)
Outing: Weight Club

23 Hot Enough For Ya? Day
AM: Rotating Centers (1-5)
Lunch: Kroger/Log Cabin BBQ
PM: Large Group Activity: Strength Training
Then: Rotating Centers (1-5)
Outing: Weight Club

26 All or Nothing Day
AM: Rotating Centers (1-5)
Lunch Options: Kroger / Subway
PM: Large Group Activity: Dancing w/ Rick
Then: Rotating Centers (1-5)
Outing: Weight Club

27 Take Your Plant for a Walk Day
AM: Rotating Centers
Lunch Options: Kroger / KFC
PM: Large Group Activity: Weight Training
Then: Rotating Centers
Outing: Huckleberry Trail & Library (A)

28 Accountant's Day
AM: Rotating Centers
Lunch Options: Kroger / Subway
PM: Large Group Activity: Dancercise
Then: Rotating Centers
Outing: Huckleberry Trail & Library (B)

29 Rain Day
AM: Rotating Centers (1-5)
Lunch Options: Kroger / Taco Bell
PM: Large Group Activity: Strength Training
Then: Rotating Centers (1-5)
Outing: Weight Club

30 Anne & Erica's Birthday
AM: Rotating Centers (1-5)
Lunch: Birthday Pizza Party
PM: Large Group Activity: Free Time
 Progress Notes

*****Group Outings in June*** Inclement Weather: In the case of bad weather, the group going that day will vote where to go if the planned activity isn't weather-proof.**

Picnic at the Frog Pond: groups will be heading to the Frog Pond in Christiansburg for a picnic. **Members will need to pack a cold lunch** to enjoy while out and about. At the time, we are not planning on going swimming, just enjoying the setting.
Huckleberry Trail and the Library: groups will be going for a short stroll along the Huckleberry Trail (Blacksburg end) and visiting the Blacksburg Library. **Members need to pack a cold lunch** to enjoy while out and about.

IMPORTANT: Groups 1-5 for Rotating Centers and Groups A-D for Outings listed on back!! Note: Activities are subject to change with short notice to make room for new schedules and activities.

July 2010



Rotating Centers:

Group 1	Group 2	Group 3	Group 4	Group 5
Betty B. (M, T, F)	Angel L.	Ann H. (Every other T, F)	Chad J. (M-F, am)	Bobby A.
Bill S. (M, W, F)	Erica L.	Ashley B.	Del W. (M, W, F)	Brandon M.
Dillard F. (T, W)	Jared P.	Debbie W.	Kay C.	Brenda H.
Holly C.	Melody W. (T, Th)	HD F.	Linda A. (M-F, am)	Debbie C.
Ida D. (W-F pm)	Mike A.	Jerry A. (M, W, F)	Matthew M. (M, F)	Ethan H.
Jimmy L. (Tu, F)	Nick H.	Kathy B.	Rick W.	Mandy M. (M, W, F pm)
Tana F.	Rhonda K.	Randy O. (M, W, F am)	Rusty H.	Michael Q.
Virginia M. (M-F, pm)		Susie C. (M, W, F)	Will F. (respite)	Cody S. (1hr /wk)

Groups for Outings:

Group A Tuesday	Group B Wednesday	Group C Tuesday	Group D Wednesday
Ashley B.	Bill S.	Brandon M.	Angel L.
Betty B.	Del W.	Bobby A.	Brenda H.
Debbie W.	Jerry A.	Debbie C.	HD F.
Erica L.	Linda A.	Dillard F.	Holly C.
Ann H.	Mandy M	Jared P.	Kathy B.
Melody W.	Mike A.	Jimmy L.	Matthew M.
Rick W.	Nick H.	Michael Q.	Randy O.
Virginia M.	Rhonda K.	Rusty H.	Tana F.
	Susie C.		

Staff Assignment:

Group	Staff
1	Carol & Mary
2	Lisa & Wendy
3	Andrea
4	Brandi & Sam
5	Claire