

**November 2011**

**1 MEN MAKE DINNER DAY**

**AM:** Rotating Centers  
**Lunch Options:** Macado's  
**PM: Large Group Activity:** Garden Walk  
**Then:** Rotating Centers  
**Outing:** Downtown Blacksburg- Group A

**2 MATTHEW'S BIRTHDAY/ NAME YOUR CAR DAY**

**AM:** Rotating Centers  
**Lunch Options:** Firehouse Subs  
**PM: Large Group Activity:** Weight Strength Training  
**Then:** Rotating Centers  
**Outing:** Downtown Blacksburg- Group B

**3 NATIONAL SANDWICH DAY**

**AM:** Rotating Centers  
**Lunch Options:** Wendy's  
**PM: Large Group Activity:** Dancing  
**Then:** Rotating Centers  
**Living Skill:** Laundry Grab Bag  
**Outing:** Walking Group # 2 to Starbucks

**4 NATIONAL CANDY DAY**

**Outing:** Walking Group #6 to Starbucks  
**AM:** Rotating Centers  
**Lunch Options:** Taco Bell  
**PM:**  
**Outing:** Walking Group # 5 to Starbucks  
**Living Skill:** Cooking Class

**7 CELEBRATE MATTHEW'S AND DELMER'S BIRTHDAY Daylight Savings ends Nov. 6**

**AM:** Rotating Centers  
**Outing:** Walk to University Mall for pizza- Group #1  
**Lunch Options:** Hardee's  
**PM: Large Group Activity:** Bingo  
**Then:** Rotating Centers  
**Living Skill (shopping):** Shopping Grab Bag

**8 Delmer's Birthday!/ US Election Day- Mock Election**

**AM:** Rotating Centers  
**Lunch Option:** Panera Bread  
**PM: Large Group Activity:** RSVP Volunteers  
**Then:** Rotating Centers  
**Outing:** Downtown Blacksburg- Group C

**9 PARADE DAY**

**AM:** Rotating Centers  
**Lunch Option:** Subway  
**PM: Large Group Activity:** Dancing  
**Then:** Rotating Centers  
**Outing:** Downtown Blacksburg- Group D

**10 FULL MOON**

**Outing:** Walking Group # 4 to Starbucks  
**AM:** Rotating Centers  
**Lunch Option:** Hardee's  
**PM:** Special Presentation on the Army  
**Then:** Rotating Centers  
**Living Skill:** Laundry Grab Bag

**11**

**CLOSED FOR VETEREN'S DAY!**

**14 NATIONAL CLEAN OUT YOUR FRIDGE DAY**

**AM:** Rotating Centers  
**Lunch Options:** Subway  
**PM: Large Group Activity:** PWC Deep Clean  
**Then:** Rotating Centers  
**Living Skill (shopping):** Shopping Grab Bag  
**Outing:** Walking Group #3 to Starbucks

**15 AMERICA RECYCLES DAY**

**AM:** Rotating Centers  
**Lunch Option:** Log Cabin  
**PM: Large Group Activity:** Garden Walk  
**Then:** Rotating Centers  
**Outing:** Downtown Blacksburg- Group E

**16 INTERNATIONAL DAY FOR TOLERANCE**

**AM:** Rotating Centers  
**Lunch Options:** Firehouse Subs  
**PM: Large Group Activity:** Weight Strength Training  
**Then:** Rotating Centers  
**Outing:** Downtown Blacksburg- Group F

**17 WORLD PEACE DAY**

**AM:** Rotating Centers  
**Lunch Options:** Wendy's  
**PM: Large Group Activity:** Dancing  
**Then:** Rotating Centers  
**Living Skill:** Laundry Grab Bag  
**Outing:** Walking Group # 2

**18 CELEBRATE CAROL'S BIRTHDAY! ( THE 19TH)/ CULTURE DAY!**

**Outing:** Walking Group #6 to Starbucks  
**AM:** Rotating Centers  
**Lunch:** Chinese Kitchen  
**PM:** Rotating Centers  
**Living Skill:** Cooking Class

**21 WORLD PEACE DAY**

**AM:** Rotating Centers  
**Lunch Option:** Subway  
**PM: Large Group Activity:** Balloon Volley Ball  
**Then:** Rotating Centers  
**Living Skill (shopping):** Shopping Grab Bag  
**Outing:** Walking Group # 1 to Starbucks

**22 STOP THE VIOLENCE DAY**

**AM:** Rotating Centers  
**Lunch Option:** McDonald's  
**PM: Large Group Activity:** Memory Ball  
**Then:** Rotating Centers  
**Outing:** Downtown Blacksburg- Group G

**23 NATIONAL CASHEW DAY**

**AM:** Rotating Centers  
**Lunch Options:** FAMILY POTLUCK  
**PM Large Group Activity:** Thanksgiving Charades  
**Then:** Rotating Centers  
**Outing:** Downtown Blacksburg- Group H

**24 CLOSED FOR THANKSGIVING BREAK**

**25 CLOSED FOR THANKSGIVING BREAK**

**28 WENDY'S BIRTHDAY/ IT'S LETTER WRITING DAY**

**AM:** Rotating Centers  
**Lunch Requests:** Subway  
**PM: Large Group Activity:** BINGO  
**Then:** Decorating for Christmas  
**Living Skill (shopping):** Shopping Grab Bag  
**Outing:** Walking Group # 3

**29 SQUARE DANCE DAY**

**AM:** Rotating Centers  
**Lunch Options:** Burger King  
**PM: Large Group Activity:** RSVP Volunteers  
**Then:** Rotating Centers  
**Outing:** Goodwill and Carol Lee Donuts- Group A

**30 I FEEL WELL DAY**

**AM:** Rotating Centers  
**Lunch Options:** Firehouse Subs  
**PM: Large Group Activity:** Weight Strength Training  
**Then:** Rotating Centers  
**Outing:** Goodwill and Carol Lee Donuts- Group B

**IMPORTANT:** Groups for Outing and Walking Clubs listed on back!!  
**Note:** Activities are subject to change with short notice to make room for new schedules and activities.

# September 2011



## Groups for Tuesday/Wednesday Outings:

<b>Group A Tuesday</b>	<b>Group B Wednesday</b>	<b>Group C Tuesday</b>	<b>Group D Wednesday</b>
Betty B.	Bill S.	Anne H.	Ashley B.
Debbie W.	Nick H.	Dillard F.	Mandy M
Erica L.	Rhonda K.	Jimmy L.	Michael Q.
Virginia M.	Rusty H.	Melody W.	Will F.
	Linda A.		
<b>Group E Tuesday</b>	<b>Group F Wednesday</b>	<b>Group G Tuesday</b>	<b>Group H Wednesday</b>
Brandon M.	Bobby A.	Angel L.	Brenda H.
Debbie C.	Del W.	HD F.	Carol P.
Mike A.	Ethan H.	Holly C.	Kathy B.
Rick W.	Jared P.	Tana F.	Randy O.

## Walking Clubs:

<b>Group 1 Long Trips Mondays PM</b>	<b>Group 2 Short Trips Thursdays PM</b>	<b>Group 3 Short Trips Mondays PM</b>
Matthew	Ashley	Bill
Nick	Brenda	Debbie C.
Rhonda	Chad	Del
Rusty	HD	JP
Virginia	Ida Mae	Kay
	Jeffrey	Mandy
	Melody	Ricky
<b>Group 4 Long Trips Thursdays PM</b>	<b>Group 5 Short Trips Fridays AM</b>	<b>Group 6 Short Trips Fridays AM</b>
Bobby	Angel	Anne
Brandon	Debbie W.	Betty
Ethan	Holly	Erica
Jimmy	Mike A.	Kathy
Michael Q.	Tana	Linda
	Will	Randy
		Carol P.

## PWC Staff:

<b>Day Support Providers:</b>	Andrea	Brandi
	Carol	Claire
	Lisa H.	T.J.
	Wendy	
<b>Day Support Specialists:</b>	Jessica	Michael
<b>Community Living Teacher:</b>	Lisa M.	
<b>Community Living Supervisor:</b>	Bridget	