























# January Blue Ridge Assisted Living Activities

	Breakfast 8:00	Lunch 12:00	Dinner 5:30			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE SEE ACTIVITY BOARD DAILY AS ACTIVITIES OR TIMES ARE SUBJECT TO CHANGE</p> 	<p><b>HAPPY BIRTHDAY</b>            1/07-Clay Silas            1/08-Tom Nunnally            1/27-Mary McPeters</p> 				<p>1 <b>New Year's Day (Welcome 2021)</b>            10:00-Morning Walk (100 &amp; 200)            11:00-Creative Writing/Poetry (100)</p> 	<p>2            9:00-6:30-Group Walks (100 &amp; 200)</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>
<p>3            10:00-<b>Church Service</b> (Streamed Chanel 3) (Bistro)            9:00-6:30-Group Walks (100 &amp; 200)</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p> 	<p>4            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Balloon Toss (200)            2:00-Scenic Bus Ride            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>5            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            2:00-Bingo (Dining Room)            3:30-Snowy Snacks (Dining Room)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>6            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Resolution Vision Boards (Bistro)            2:00-Scenic Bus Ride            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>7            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            2:00-Bingo (Dining Room)            3:30-Cozy Crafts (Bistro)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>8            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Creative Writing/Poetry (100)            2:00-Movie Matinee (100)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>9            9:00-6:30-Group Walks (100 &amp; 200)</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>
<p>10            10:00-<b>Church Service</b> (Streamed Channel 3) (Bistro)            9:00-6:30-Group Walks (100 &amp; 200)</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p> 	<p>11            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Deer Hunting (200)            2:00-Scenic Bus Ride            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>12            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            2:00-Bingo (Dining Room)            3:30-Hot Cocoa (Dining Room)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>13            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            2:00-Scavenger Hunt Bus Ride            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>14            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            2:00-Bingo (Dining Room)            3:30-Cozy Crafts (Bistro)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>15            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Creative Writing/Poetry (100)            2:00-Movie Matinee (100)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>16            9:00-6:30-Group Walks (100 &amp; 200)</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>
<p>17            10:00-<b>Church Service</b> (Streamed Channel 3) (Bistro)            9:00-6:30-Group Walks (100 &amp; 200)</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p> 	<p>18            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Whack-A-Mole (200)            2:00-Scenic Bus Ride            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>19 <b>Dr. Tidman</b>            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            2:00-Bingo (Dining Room)            3:30-Toasty Treats (Dining Room)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>20            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Share-a-Laugh (100)            2:00-Scenic Bus Ride            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>21            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            2:00-Bingo (Dining Room)            3:30-Cozy Crafts (Bistro)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>22            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Creative Writing/Poetry (100)            2:00-Movie Matinee (100)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>23            9:00-6:30-Group Walks (100 &amp; 200)</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>
<p>24            10:00-<b>Church Service</b> (Streamed Channel 3) (Bistro)            9:00-6:30-Group Walks (100 &amp; 200)</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p> 	<p>25            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Resident Council Meeting/Food Meeting with Roger (Dining Room)            2:00-Scenic Bus Ride            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>26            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            2:00-Bingo (Dining Room)            3:30-Happy Hour (Dining Room)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>27            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Happy Birthday Mozart (100)            2:00-Scenic Bus Ride            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>28            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            2:00-Super Bingo (Dining Room)            3:30-Cozy Crafts (Bistro)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>29            10:00-Exercise (200)            10:00-Morning Walk (100 &amp; 200)            11:00-Creative Writing/Poetry (100)            2:00-Resident Birthday Party (Bistro)            2:00-Movie Matinee (100)            4:00-Face Time Calls</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>	<p>30            9:00-6:30-Group Walks (100 &amp; 200)</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p>
<p>31            10:00-<b>Church Service</b> (Streamed Channel 3) (Bistro)            9:00-6:30-Group Walks (100 &amp; 200)</p> <p><b>SOCIAL DISTANCING (6FT APART)</b>  <b>ALWAYS WEAR YOUR MASK</b></p> 						

# January Blue Ridge Memory Care Activities

**Breakfast: 8am    Lunch: 12:30pm    Dinner: 5:30pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE SEE ACTIVITY BOARD DAILY AS ACTIVITIES OR TIMES ARE SUBJECT TO CHANGE</p> 	<p><b>HAPPY BIRTHDAY</b>            1/02-Beverly Davis            1/25-Georganna Johnson            1/27-Alice Lundgren</p> 				<p>1 <u>New Year's Day (Welcome 2021)</u></p> <p>4:00-Afternoon Walk            6:00-Unwind Aromatherapy</p> 	<p>2</p> <p>4:00-Afternoon Walk            6:00-Unwind Aromatherapy</p>
<p>3  <b>2:00- Church service</b>  <b>Streamed to Channel 3</b></p> 	<p>4</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Seated Traveling</b>            2:00-<b>Information Stimulation</b>            3:00-<b>Modeling Clay Monday</b>            3:15-Afternoon Walk/One on One Time</p>	<p>5</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Baking with Gail</b>            2:00-<b>Balloon Toss</b>            3:30-<b>Inspritational Therapy</b>            4:00-Afternoon Walk/One on One Time</p>	<p>6</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Cozy Crafts</b>            2:00-<b>BINGO</b>            3:30-<b>Movie Matinee</b>            4:00-Afternoon Walk/One on One Time</p>	<p>7</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Whack-A-Mole</b>            2:00-<b>Jamming with Jammie</b>            3:00-<b>Snowy Snacks</b>            4:00-Afternoon Walk/One on One Time</p>	<p>8</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            10:30-<b>Scenic Bus Ride</b>            11:00-<b>Short Stories</b>            2:00-<b>Manicures</b>            3:30-<b>Coloring/Painting</b>            4:00-Afternoon Walk/One on One Time</p>	<p>9</p> <p>4:00-Afternoon Walk            6:00- Unwind Aromatherapy</p>
<p>10  <b>2:00- Church Service</b>  <b>Streamed to Channel 3</b></p> 	<p>11</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Seated Traveling</b>            2:00-<b>Information Stimulation</b>            3:00-<b>Modeling Clay Painting</b>            3:15-Afternoon Walk/One on One Time</p>	<p>12</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Baking with Gail</b>            2:00-<b>Balloon Toss</b>            3:30-<b>Inspritational Therapy</b>            4:00-Afternoon Walk/One on One Time</p>	<p>13</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Cozy Crafts</b>            2:00-<b>BINGO</b>            3:30-<b>Movie Matinee</b>            4:00-Afternoon Walk/One on One Time</p>	<p>14</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Temporary Tattoo Station</b>            2:00-<b>Jamming with Jammie</b>            3:00-<b>Hot Cocoa</b>            4:00-Afternoon Walk/One on One Time</p>	<p>15</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            10:30-<b>Scenic Bus Ride</b>            11:00-<b>Short Stories</b>            2:00-<b>Manicures</b>            3:30-<b>Coloring/Painting</b>            4:00-Afternoon Walk/One on One Time</p>	<p>16</p> <p>4:00-Afternoon Walk            6:00-Unwind Aromatherapy</p>
<p>17  <b>2:00 Church Service</b>  <b>Streamed to Channel 3</b></p> 	<p>18</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Seated Traveling</b>            2:00-<b>Information Stimulation</b>            3:00-<b>Modeling Clay Monday</b>            3:15-Afternoon Walk/One on One Time</p>	<p>19 <u>Dr. Tidman</u></p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Baking with Gail</b>            2:00-<b>Balloon Toss</b>            2:30-<b>Inspritational Therapy</b>            4:00-Afternoon Walk/One on One Time</p>	<p>20</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Cozy Crafts</b>            2:00-<b>BINGO</b>            3:30-<b>Movie Matinee</b>            4:00-Afternoon Walk/One on One Time</p>	<p>21</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Whack-A-Mole</b>            2:00-<b>Jamming with Jammie</b>            3:00-<b>Toasty Treats</b>            4:00-Afternoon Walk/One on One Time</p>	<p>22</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            10:30-<b>Scenic Bus Ride</b>            11:00-<b>Short Stories</b>            2:00-<b>Manicures</b>            3:30-<b>Coloring/Painting</b>            4:00-Afternoon Walk/One on One Time</p>	<p>23</p> <p>4:00-Afternoon Walk            6:00 Unwind Aromatherapy</p>
<p>24</p> <p>2:00 Church Service Streamed to Channel 3</p>  <p>-----</p> <p>31            2:00 Church Service Streamed to Channel 3</p> 	<p>25</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Seated Traveling</b>            2:00-<b>Information Stimulation</b>            3:00-<b>Modeling Clay Painting</b>            3:15-Afternoon Walk/One on One Time</p>	<p>26</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Baking with Gail</b>            2:00-<b>Balloon Toss</b>            3:30-<b>Inspritational Therapy</b>            4:00-Afternoon Walk/One on One Time</p>	<p>27</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Cozy Crafts</b>            2:00-<b>BINGO</b>            3:30-<b>Movie Matinee</b>            4:00-Afternoon Walk/One on One Time</p>	<p>28</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            11:00-<b>Sunshine Committee Meeting</b>            2:00-<b>Jamming with Jammie</b>            3:00-<b>Hot Cocoa</b>            4:00-Afternoon Walk/One on One Time</p>	<p>29</p> <p>10:00-Exercise            10:30-Daily News/Devotional &amp; Snack            10:30-<b>Scenic Bus Ride</b>            11:00-<b>Short Stories</b>            2:00-<b>Manicures</b>            2:30-<b>Resident Birthday Party</b>            3:30-<b>Coloring/Painting</b>            4:00-Afternoon Walk/One on One Time</p>	<p>30</p>