






















October Blue Ridge Assisted Living Activities

	Breakfast 8:00	Lunch 12:30	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>HAPPY BIRTHDAY</p> <p>10/01-Frances Queen 10/06-Audrey Moran 10/08-Pam Ward 10/09-Polly Millholland 10/09-Rachel Turner 10/19-Mary Piper 10/19-Farley Wolford 10/23-Winton smith</p>			<p>1 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Health Chat (100) 11:30-Pet Parade (Bistro) 2:00-Spooky Snack Social (Bistro) 3:00-Monster Movie Matinee (100) 6:00-Evening Walk (Meet with a Friend)</p>	<p>2 11:00-Card Games (100) 2:00-Checkers (Main Living Room)</p>
<p>3 2:00-Church Service (Gospel Light Baptist) (Main Living Room)</p> 	<p>4 10:00-Exercise (Group Walk) (200) 10:30-Morning Mingle/Daily News (200) 11:00-Seated Traveling (100) 11:00-Balloon Toss with Jim (200) 2:00-Bingo (Dining Room) 3:30-Music w/ Jay Crider (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>5 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Mira 11:00-History Channel Documentary (100) 2:00-Creepy Craft (200) 3:30-Karaoke with Kaala (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>6 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Words Within a Word (200) 11:00-Pet Therapy with Charlie 2:00-Bingo (Dining Room) 3:00-Bible Study (200) 3:30-Social Hour (Bistro) 6:00-Evening Walk (Meet with a Friend)</p>	<p>7 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:45-Physical Importance with Genesis Therapy (200) 11:00-Board Games (100) 2:00-Scenic Bus Ride 3:00-Discussion Group (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>8 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Health Chat (100) 11:30-Stress Management Class/Positive Moments (100) 2:00-Spooky Snack Social (Bistro) 3:00-Monster Movie Matinee (100) 6:00-Evening Walk (Meet with a Friend)</p>	<p>9 11:00-Card Games (100) 2:00-Checkers (Main Living Room)</p>
<p>10 2:00-Church Service (Church of Christ) (Main Living Room)</p> 	<p>11 Columbus Day 10:00-Exercise (Group Walk) (200) 10:30-Morning Mingle/Daily News (200) 11:00-Seated Traveling (100) 11:00-Balloon Toss with Jim (200) 2:00-Bingo (Dining Room) 3:30-Music w/ Wesley Crider (200) 6:00-Evening Walk (Meet with a Friend)</p> 	<p>12 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Mira 11:00-History Channel Documentary (100) 2:00-Creepy Craft (200) 3:00-Who Did It Mystery Game (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>13 9:00-Hearing Aid Servicing (Bistro) 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Hangman (200) 11:00-Pet Therapy with Charlie 2:00-Bingo (Dining Room) 3:00-Bible Study (200) 3:30-Social Hour (Bistro) 6:00-Evening Walk (Meet with a Friend)</p>	<p>14 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:45-Physical Importance with Genesis Therapy (200) 11:00-Board Games (100) 2:00-Scenic Bus Ride 3:00-Discussion Group (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>15 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Health Chat (100) 11:00-Seated Yoga Class (200) 2:00-Spooky Snack Social (Bistro) 3:00-Monster Movie Matinee w/ Popcorn (100) 6:00-Evening Walk (Meet with a Friend)</p>	<p>16 11:00-Card Games (100) 2:00-Checkers (Main Living Room)</p>
<p>17 2:00-Church Service (Blue Ridge First Baptist) (Main Living Room)</p> 	<p>18 10:00-Exercise (Group Walk) (200) 10:30-Morning Mingle/Daily News (200) 11:00-Seated Traveling (100) 11:00-Balloon Toss with Jim (200) 2:00-Bingo (Dining Room) 3:30-Pumpkin Carving (Bistro) 6:00-Evening Walk (Meet with a Friend)</p>	<p>19 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Mira 11:00-History Channel Documentary (100) 2:00-Creepy Craft (200) 3:30-Karaoke with Kaala (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>20 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Words Within a Word (200) 11:00-Pet Therapy with Charlie 2:00-Bingo (Dining Room) 3:00-Bible Study (200) 3:30-Social Hour (Bistro) 6:00-Evening Walk (Meet with a Friend)</p>	<p>21 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:45-Physical Importance with Genesis Therapy (200) 11:00-Board Games (100) 2:00-Scenic Bus Ride 3:00-Discussion Group (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>22 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Health Chat (100) 2:00-Resident Birthday Party (Bistro) 2:00-Pies at the Park 3:00-Monster Movie Matinee (100) 6:00-Evening Walk (Meet with a Friend)</p>	<p>23 11:00-Card Games (100) 2:00-Checkers (Main Living Room)</p>
<p>24 2:00-Church Service (Blue Ridge United Methodist) (Main Living Room)</p> 	<p>25 10:00-Exercise (Group Walk) (200) 10:30-Morning Mingle/Daily News (200) 11:00-Resident Council/Food Meeting w/Roger (Dining Room) 2:00-Bingo (Dining Room) 3:30-Activity Planning Meeting (200) 6:00-Evening Walk (Meet with a Friend)</p> 	<p>26 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Mira 11:00-History Channel Documentary (100) 2:00-Creepy Craft (200) 3:30-Escape Room (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>27 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Think Like a Poet (200) 11:00-Pet Therapy with Charlie 2:00-Super Bingo (Dining Room) 3:00-Bible Study (200) 3:30-Social Hour (Bistro) 6:00-Evening Walk (Meet with a Friend)</p>	<p>28 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:45-Physical Importance with Genesis Therapy (200) 11:00-Board Games (100) 2:00-Scenic Bus Ride 3:00-Discussion Group (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>29 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-History of Halloween (200) 2:00-Halloween Party/Costume Contest (Bistro) 4:00-Monster Movie Matinee (100) 6:00-Evening Walk (Meet with a Friend)</p>	<p>30 11:00-Card Games (100) 2:00-Checkers (Main Living Room)</p> 
<p>31 2:00-Church Service (Blue Ridge United Methodist) (Main Living Room)</p> <p>Halloween</p>						

October 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>HAPPY BIRTHDAY 10/10-Shelby Sisson 10/22-Mardee Kauffmann 10/24-Deane Chastain</p> 			<p>1 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Artful Imaginations (Button Art) 2:00-BINGO 3:00-Mosaic Tile Sculpting 4:00-Afternoon Walk/One on One Time</p>	<p>2 4:00-Afternoon Walk 6:00-Movie Night</p>
<p>3 2:00- Church service (Streamed to Channel 3)</p> 	<p>4 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Color by Number with Music 2:00-Music w/ Jay Crider 2:15-Learn About It 3:00-Skill Building 4:00-Afternoon Walk/One on One Time</p>	<p>5 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces & Places 2:00-Sweet Tooth Social 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p>	<p>6 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-Let's Build It 3:00-Minds in Motion (Read with Me) 4:00-Afternoon Walk/One on One Time</p>	<p>7 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Busy Bodies 2:00-Homestyle Tasks 3:00-Sensory Stations 4:00-Afternoon Walk/One on One Time</p>	<p>8 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Artful Imaginations (Watercolors) 2:00-BINGO 3:00-Mosaic Tile Sculpting 4:00-Afternoon Walk/One on One Time</p>	<p>9 4:00-Afternoon Walk 6:00-Movie Night</p>
<p>10 2:00- Church Service (Streamed to Channel 3)</p> 	<p>11 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Color by Number with Music 2:00-Music w/ Wesley Crider 2:15-Learn About It 3:00-Skill Building 4:00-Afternoon Walk/One on One Time</p>	<p>12 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces & Places 2:00-Sweet Tooth Social 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p>	<p>13 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-Let's Build It 3:00-Minds in Motion (Read with Me) 4:00-Afternoon Walk/One on One Time</p>	<p>14 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Busy Bodies 2:00-Homestyle Tasks 3:00-Sensory Stations 4:00-Afternoon Walk/One on One Time</p>	<p>15 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Artful Imaginations (Aqua Painting) 2:00-BINGO 3:00-Mosaic Tile Sculpting 4:00-Afternoon Walk/One on One Time</p>	<p>16 4:00-Afternoon Walk 6:00-Movie Night</p>
<p>17 2:00 Church Service (Streamed to Channel 3)</p> 	<p>18 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Color by Number with Music 2:00-Learn About It 2:30-Share a Story 3:00-Skill Building 4:00-Afternoon Walk/One on One Time</p>	<p>19 <u>Dr. Tidman</u> 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces & Places 2:00-Sweet Tooth Social 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p>	<p>20 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-Let's Build It 3:00-Minds in Motion (Read with Me) 4:00-Afternoon Walk/One on One Time</p>	<p>21 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Busy Bodies 2:00-Homestyle Tasks 3:00-Sensory Stations 4:00-Afternoon Walk/One on One Time</p>	<p>22 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Artful Imaginations (Stamp/Sticker Art) 2:00-BINGO 3:00-Mosaic Tile Sculpting 4:00-Afternoon Walk/One on One Time</p>	<p>23 4:00-Afternoon Walk 6:00-Movie Night</p>
<p>24 2:00 Church Service (Streamed to Channel 3)</p> 	<p>25 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Color by Number with Music 2:00-Learn About It 2:30-Town Hall Meeting 3:00-Skill Building 4:00-Afternoon Walk/One on One Time</p>	<p>26 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces & Places 2:00-Sweet Tooth Social 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p>	<p>27 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-Halloween Party 3:30-Minds in Motion (Read with Me) 4:00-Afternoon Walk/One on One Time</p>	<p>28 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Busy Bodies 2:00-Homestyle Tasks 3:00-Sensory Stations 4:00-Afternoon Walk/One on One Time</p>	<p>29 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Artful Imaginations (Button Art) 2:00-BINGO 3:00-Mosaic Tile Sculpting 4:00-Afternoon Walk/One on One Time</p>	<p>30 4:00-Afternoon Walk 6:00-Movie Night</p>
<p>31 Halloween 2:00 Church Service (Streamed to Channel 3)</p> 