











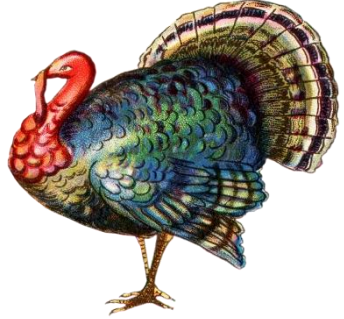














November Blue Ridge Assisted Living Activities

	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>1 10:00-Exercise (Group Walk) (200) 10:30-Morning Mingle/Daily News (200) 11:00-History Channel Documentary (100) 11:00-Balloon Toss with Jim (200) 2:00-Bingo (Dining Room) 3:00-Music w/ Jay Crider (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>2 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Mira 11:00-Craft Corner (200) 2:00-Scenic Bus Ride 3:30-Mystery Solvers Club(200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>3 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>4 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Board Games (100) 2:00-Trip to Walmart 2:00-What Does it Mean to be Kind? (200) 3:00-Discussion Group (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>5 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Health Chat (100) 11:00-Love Thy Neighbor (200) 2:00-Snack Social (Bistro) 3:00-Movie Matinee (100) 6:00-Evening Walk (Meet with a Friend)</p>	<p>6 11:00-Card Games (100) 2:00-Checkers (Main Living Room) 4:30-Evening Walk (Meet with a Friend)</p>
<p>7 Time Changes (Fall back ONE hour) </p> <p>2:00-Church Service (Streamed to Channel 3) (Bistro)</p> 	<p>8 10:00-Exercise (Group Walk) (200) 10:30-Morning Mingle/Daily News (200) 11:00-History Channel Documentary (100) 11:00-Balloon Toss with Jim (200) 2:00-Bingo (Dining Room) 3:00-Music w/ Wesley Crider (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>9 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Mira 11:00-Craft Corner (200) 2:00-Scenic Bus Ride 3:30-Mystery Solvers Club (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>10 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>11 Veteran's Day </p> <p>10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Board Games (100) 2:30-Veteran's Day Program (Bistro) 3:00-Discussion Group (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>12 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Health Chat (100) 11:00-Be Kind Challenge (200) 2:00-Snack Social (Bistro) 3:00-Movie Matinee (100) 6:00-Evening Walk (Meet with a Friend)</p>	<p>13 11:00-Card Games (100) 2:00-Checkers (Main Living Room) 4:30-Evening Walk (Meet with a Friend)</p>
<p>14</p> <p>2:00-Church Service (Streamed to Channel 3) (Bistro)</p> 	<p>15 10:00-Exercise (Group Walk) (200) 10:30-Morning Mingle/Daily News (200) 11:00-History Channel Documentary (100) 11:00-Balloon Toss with Jim (200) 2:00-Bingo (Dining Room) 3:30-No-Sew Blanket Making (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>16 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Mira 11:00-Nature Craft Corner (200) 2:00-Victory & Valor Presentation w/ Hal Burke (100) 3:30-Mystery Solvers Club (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>17 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>18 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Board Games (100) 2:00-Trip to Local Thrift Stores 2:00-Kindness Around the World (200) 3:00-Discussion Group (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>19 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Health Chat (100) 11:00-Local Reach Out (200) 2:00-Snack Social (Bistro) 3:00-Movie Matinee (100) 6:00-Evening Walk (Meet with a Friend)</p>	<p>20 11:00-Card Games (100) 2:00-Checkers (Main Living Room) 4:30-Evening Walk (Meet with a Friend)</p>
<p>21</p> <p>2:00-Church Service (Streamed to Channel 3) (Bistro)</p> 	<p>22 10:00-Exercise (Group Walk) (200) 10:30-Morning Mingle/Daily News (200) 11:00-History Channel Documentary (100) 11:00-Balloon Toss with Jim (200) 2:00-Bingo (Dining Room) 3:30-No-Sew Blanket Making (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>23 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Mira 11:00-Craft Corner (200) 2:00-Magic Show w/ Dennis Aloia (100) 3:30-Mystery Solvers Club (200) 6:00-Evening Walk (Meet with a Friend)</p>	<p>24 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-Bingo (Dining Room) 3:00-Bible Study (200) 3:30-Social Hour (Bistro) 6:00-Evening Walk (Meet with a Friend)</p>	<p>25 Thanksgiving Day</p> 	<p>26 Black Friday</p> 	<p>27 11:00-Card Games (100) 2:00-Checkers (Main Living Room) 4:30-Evening Walk (100 &200)</p>
<p>28</p> <p>2:00-Church Service (Streamed to Channel 3) (Bistro)</p> 	<p>29 First Day of Hanukkah </p> <p>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>30 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Mira 11:00-Craft Corner (200) 2:00-Timeless Trivia (200) 3:30-Mystery Solvers Club (200) 6:00-Evening Walk (Meet with a Friend)</p>		<p>HAPPY BIRTHDAY</p> <p>11/01-Bonnie Maker 11/09-Jean Livingston 11/13-Jo Anne Thurmond 11/18-Alma Kelley 11/27-Doris Abernathy</p>		

November 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>1 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Parachute Ball 2:00-Music w/ Jay Crider 2:15-Learn About It 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>2 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces & Places 2:00-Sweet Tooth Social 3:00-Skill Building 3:30-Noodle Ball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>3 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-It's All About Me 3:00-Puzzles with Gail 3:30-Seated Basketball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>4 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Match It 2:00-Homestyle Tasks 3:00-Hand Massages 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>5 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Canvas Creations 2:00-Pamper Me 3:00-Mosaic Tile Sculpting 3:30-Seated Kickball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>6 4:00-Afternoon Walk 6:00-Movie Night (Parallel Programs Offered Daily)</p>
<p>7 Time Changes (Fall back ONE hour)  2:00- Church service (Streamed to Channel 3)</p> 	<p>8 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Parachute Ball 2:00-Music w/ Wesley Crider 2:15-Name 5 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>9 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces & Places 2:00-Sweet Tooth Social 3:00-Skill Building 3:30-Noodle Ball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>10 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-It's All About Me 3:00-Puzzles with Gail 3:30-Seated Basketball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>11 Veteran's Day  10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Match It 2:00-Homestyle Tasks 3:00-Hand Massages 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>12 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Create A Collage 2:00-Pamper Me 3:00-Mosaic Tile Sculpting 3:30-Seated Kickball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>13 4:00-Afternoon Walk 6:00-Movie Night (Parallel Programs Offered Daily)</p>
<p>14 2:00- Church Service (Streamed to Channel 3)</p> 	<p>15 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Parachute Ball 2:00-Jog a Memory 2:15-Learn About It 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>16 Dr. Tidman  10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces & Places 2:00-Sweet Tooth Social 3:00-Skill Building 3:30-Noodle Ball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>17 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-It's All About Me 3:00-Puzzles with Gail 3:30-Seated Basketball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>18 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Match It 2:00-Homestyle Tasks 3:00-Hand Massages 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>19 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Water Color Class 2:00-Pamper Me 3:00-Mosaic Tile Sculpting 3:30-Seated Kickball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>20 4:00-Afternoon Walk 6:00-Movie Night (Parallel Programs Offered Daily)</p>
<p>21 2:00 Church Service (Streamed to Channel 3)</p> 	<p>22 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Parachute Ball 2:00-Jog a Memory 2:15-Name 5 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>23 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces & Places 2:00-Sweet Tooth Social 3:00-Skill Building 3:30-Magic Show w/ Dennis Aloia 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>24 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-It's All About Me 3:00-Puzzles with Gail 3:30-Seated Basketball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>25 Thanksgiving </p>	<p>26 Black Friday </p>	<p>27 4:00-Afternoon Walk 6:00-Movie Night (Parallel Programs Offered Daily)</p>
<p>28 2:00 Church Service (Streamed to Channel 3)</p> 	<p>29 First Day of Hanukkah  10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Parachute Ball 2:00-Jog a Memory 2:15-Learn About It 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>30 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces & Places 2:00-Sweet Tooth Social 3:00-Skill Building 3:30-Noodle Ball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>		<p>HAPPY BIRTHDAY 11/03-George Witty 11/06-Glennis Willis 11/11-Joanne Long</p>	