


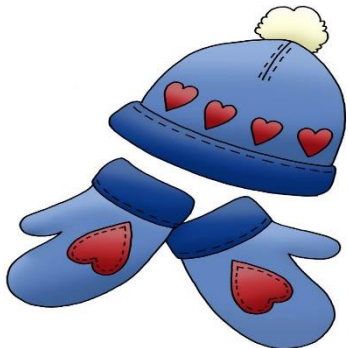











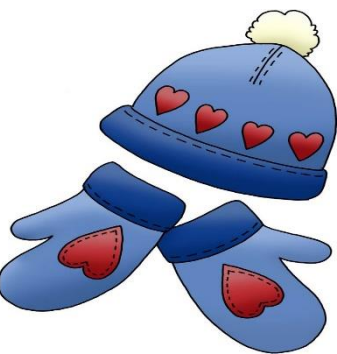









# January Blue Ridge Assisted Living Activities

	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><b>HAPPY BIRTHDAY</b>            01/03-Edie Zak            01/06-Nancy Stewart            01/07-Clay Silas            01/10-Gene Bennett            01/14-Jessie Fields</p>				<p>1 <b>New Year's Day</b>             11:00-<b>Card Games</b> (100)            2:00-Checkers (Main Living Room)            4:30-<b>Evening Walk</b> (Meet in the Bistro)</p>
<p>2  <b>2:00-Church Service</b>            (Blue Ridge First Baptist)            (Main Living Room)</p> 	<p>3            10:00-Exercise (Group Walk) (200)            10:30-Morning Mingle/Daily News (200)            11:00-History Channel Documentary (100)            11:00-<b>Balloon Toss with Jim</b> (200)            2:00-<b>Bingo</b> (Dining Room)            3:00-<b>Forgive Me Letters</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>4            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-<b>Cozy Craft Corner</b> (200)            2:00-<b>Picture It</b> (200)            3:30-<b>Mystery Solvers Club</b> (200)            6:00-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>5 <b>Hair Dresser (Anna Marie)</b> ✂            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-<b>Words Within a Word</b> (200)            11:00-<b>Pet Therapy with Charlie</b>            2:00-<b>Bingo</b> (Dining Room)            3:00-Bible Study (200)            3:30-<b>Social Hour</b> (Bistro)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>6            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-Seated Traveling            2:00-<b>Trip to Walmart</b>            2:00-<b>Setting Goals</b> (200)            3:00-<b>Discussion Group</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>7            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-Creative Writing/Poetry (100)            2:00-<b>Snack Social</b> (Bistro)            3:00-<b>Movie Matinee</b> (100)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>8            11:00-<b>Card Games</b> (100)            2:00-Checkers (Main Living Room)            4:30-<b>Evening Walk</b> (Meet in the Bistro)</p>
<p>9  <b>2:00-Church Service</b>            (Hipps Chapel Church)            (Main Living Room)</p> 	<p>10            10:00-Exercise (Group Walk) (200)            10:30-Morning Mingle/Daily News (200)            11:00-History Channel Documentary (100)            11:00-<b>Balloon Toss with Jim</b> (200)            2:00-<b>Bingo</b> (Dining Room)            3:00-<b>Music w/ Wesley Crider</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>11            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-<b>Cozy Craft Corner</b> (200)            2:00-<b>Charades</b> (200)            3:30-<b>Mystery Solvers Club</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>12 <b>Hair Dresser (Anna Marie)</b> ✂            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-<b>Words Within a Word</b> (200)            11:00-<b>Pet Therapy with Charlie</b>            2:00-<b>Bingo</b> (Dining Room)            3:00-Bible Study (200)            3:30-<b>Social Hour</b> (Bistro)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>13            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-Seated Traveling            2:00-<b>Trip to TJ MAXX &amp; Shoe Show</b>            2:00-<b>Personal Journaling</b> (200)            3:00-<b>Discussion Group</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>14            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-Creative Writing/Poetry (100)            2:00-<b>Snack Social</b> (Bistro)            3:00-<b>Movie Matinee</b> (100)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>15            11:00-<b>Card Games</b> (100)            2:00-Checkers (Main Living Room)            4:30-<b>Evening Walk</b> (Meet in the Bistro)</p>
<p>16  <b>2:00-Church Service</b>            (United Methodist)            (Main Living Room)</p> 	<p>17 <b>Martin Luther King Jr. Day</b>            10:00-Exercise (Group Walk) (200)            10:30-Morning Mingle/Daily News (200)            11:00-History Channel Documentary (100)            11:00-<b>Balloon Toss with Jim</b> (200)            2:00-<b>Bingo</b> (Dining Room)            3:30-<b>Who Do We Want to Help</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>18 <b>Dr. Tidman</b> 🐾            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-<b>Cozy Craft Corner</b> (200)            2:00-<b>Picture It</b> (200)            3:30-<b>Mystery Solvers Club</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>19 <b>Hair Dresser (Anna Marie)</b> ✂            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-<b>Words Within a Word</b> (200)            11:00-<b>Pet Therapy with Charlie</b>            2:00-<b>Bingo</b> (Dining Room)            3:00-Bible Study (200)            3:00-<b>Popcorn Bar</b> (Bistro)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>20            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-Seated Traveling            2:00-<b>Trip to Walmart</b>            2:00-<b>I Can Go the Distance</b> (200)            3:00-<b>Discussion Group</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>21            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-Creative Writing/Poetry (100)            2:00-<b>Snack Social</b> (Bistro)            3:00-<b>Movie Matinee</b> (100)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>22            11:00-<b>Card Games</b> (100)            2:00-Checkers (Main Living Room)            4:30-<b>Evening Walk</b> (Meet in the Bistro)</p>
<p>23  <b>2:00-Church Service</b>            (Streamed)            (Bistro)</p> <p>30  <b>2:00-Church Service</b>            (St. Anthony Catholic Church)            (Main Living Room)</p>  	<p>24            10:00-Exercise (Group Walk) (200)            10:30-Morning Mingle/Daily News (200)            11:00-History Channel Documentary (100)            11:00-<b>Balloon Toss with Jim</b> (200)            2:00-<b>Bingo</b> (Dining Room)            3:00-<b>Music w/ Wesley Crider</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p> <p>31            10:00-Exercise (Group Walk) (200)            10:30-Morning Mingle/Daily News (200)            11:00-<b>Resident Council/Food Meeting w/Roger</b> (Dining Room)            2:00-<b>Bingo</b> (Dining Room)            3:30-<b>Activity Planning Meeting</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>25            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-<b>Cozy Craft Corner</b> (200)            2:00-<b>Charades</b> (200)            3:30-<b>Mystery Solvers Club</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>26 <b>Hair Dresser (Anna Marie)</b> ✂            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-<b>Words Within a Word</b> (200)            11:00-<b>Pet Therapy with Charlie</b>            2:00-<b>Bingo</b> (Dining Room)            3:00-Bible Study (200)            3:30-<b>Social Hour</b> (Bistro)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>27            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-Seated Traveling            11:30-<b>Lunch Outing to Long Horn Steakhouse</b>            2:00-<b>Swap it Shop</b> (200)            3:00-<b>Discussion Group</b> (200)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>28            10:00-Exercise (200)            10:30-Morning Mingle/Daily News (200)            11:00-Creative Writing/Poetry (100)            2:00-<b>Resident Birthday Party</b> (Bistro)            3:00-<b>Movie Matinee</b> (100)            4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>29            11:00-<b>Card Games</b> (100)            2:00-Checkers (Main Living Room)            4:30-<b>Evening Walk</b> (Meet in the Bistro)</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>1 <u>New Year's Day</u> </p> <p>4:00-Afternoon Walk 6:00-Movie Night</p> <p>(Parallel Programs Offered Daily)</p>
<p>2 2:00- Church service (Streamed to Channel 3)</p> 	<p>3 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Parachute Ball 2:00-See if You Can Find it 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>4 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces &amp; Places 2:00-Sweet Tooth Social 3:00-Skill Building 3:30-Balloon Toss 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>5 <u>Hair Dresser (Anna Marie)</u> ✂ 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-It's All About Me 3:00-Beadwork 3:30-Fluff &amp; Fold 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>6 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</p> <p>(Parallel Programs Offered Daily)</p>	<p>7 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Watercolor Painting 2:00-Pamper Me 3:00-Mosaic Tile Sculpting 3:30-What's at the Aquarium 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>8 4:00-Afternoon Walk 6:00-Movie Night</p> <p>(Parallel Programs Offered Daily)</p>
<p>9 2:00- Church Service (Streamed to Channel 3)</p> 	<p>10 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Parachute Ball 2:00-Music w/ Wesley Crider 2:15-See if You Can Find it 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>11 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces &amp; Places 2:00-Sweet Tooth Social 3:00-Skill Building 3:30-Balloon Toss 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>12 <u>Hair Dresser (Anna Marie)</u> ✂ 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-It's All About Me 3:00-Beadwork 3:30-Fluff &amp; Fold 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>13 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</p> <p>(Parallel Programs Offered Daily)</p>	<p>14 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Watercolor Painting 2:00-Pamper Me 3:00-Mosaic Tile Sculpting 3:30-What's at the Aquarium 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>15 4:00-Afternoon Walk 6:00-Movie Night</p> <p>(Parallel Programs Offered Daily)</p>
<p>16 2:00 Church Service (Streamed to Channel 3)</p> 	<p>17 <u>Martin Luther King Jr. Day</u> 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Parachute Ball 2:00-See if You Can Find it 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>18 <u>Dr. Tidman</u> 🐾 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces &amp; Places 2:00-Sweet Tooth Social 3:00-Skill Building 3:30-Balloon Toss 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>19 <u>Hair Dresser (Anna Marie)</u> ✂ 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-It's All About Me 3:00-Beadwork 3:30-Fluff &amp; Fold 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>20 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</p> <p>(Parallel Programs Offered Daily)</p>	<p>21 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Watercolor Painting 2:00-Pamper Me 3:00-Mosaic Tile Sculpting 3:30-What's at the Aquarium 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>22 4:00-Afternoon Walk 6:00-Movie Night</p> <p>(Parallel Programs Offered Daily)</p>
<p>23 2:00 Church Service (Streamed to Channel 3)</p> 	<p>24 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Parachute Ball 2:00-Music w/ Wesley Crider 2:15-See if You Can Find it 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p>	<p>25 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Faces &amp; Places 2:00-Sweet Tooth Social 3:00-Skill Building 3:30-Balloon Toss 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>26 <u>Hair Dresser (Anna Marie)</u> ✂ 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Café Crew 2:00-It's All About Me 3:00-Beadwork 3:30-Fluff &amp; Fold 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>27 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</p> <p>(Parallel Programs Offered Daily)</p>	<p>28 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Watercolor Painting 2:00-Pamper Me 3:00-Mosaic Tile Sculpting 3:30-What's at the Aquarium 4:00-Afternoon Walk/One on One Time</p> <p>(Parallel Programs Offered Daily)</p>	<p>29 4:00-Afternoon Walk 6:00-Movie Night</p> <p>(Parallel Programs Offered Daily)</p>
<p>30 2:00 Church Service (Streamed to Channel 3)</p> 	<p>31 10:00-Exercise 10:30-Morning Mingle/Daily News 11:00-Parachute Ball 2:00-Jog a Memory 2:15-See if You Can Find it 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p>	<p>(Parallel Programs Offered Daily)</p>	<p>(Parallel Programs Offered Daily)</p>	<p>(Parallel Programs Offered Daily)</p>	<p>(Parallel Programs Offered Daily)</p>	<p>(Parallel Programs Offered Daily)</p>