






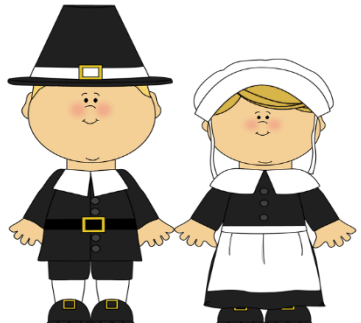









November Blue Ridge Assisted Living Activities

		Breakfast 8:00	Lunch 12:30	Dinner 5:30		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE SEE ACTIVITY MARQUEE DAILY AS ACTIVITIES OR TIMES ARE SUBJECT TO CHANGE</p> 		<p>1 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Community Cookbook (200) 2:00-Trivia (200) 3:00-Craft Corner 4:30-Evening Walk (Meet with a Friend)</p>	<p>2 Hair Dresser (Anna Marie & Jessica) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Charlie 11:00-Words Within a Word (200) 2:00-Bingo (Dining Room) 3:00-Bible Study with Delmar (200) 3:30-Spooky Snack Social (Bistro) 4:30-Evening Walk (Meet with a Friend)</p>	<p>3 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Activity (Bistro) 2:00-Trip to Walmart 4:30-Evening Walk (Meet with a Friend)</p>	<p>4 Hair Dresser (Jennie) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Puzzles (Main Living Room) 2:00-Bingo (Dining Room) 3:00-Movie Matinee (100) 4:30-Evening Walk (Meet with a Friend)</p>	<p>5 2:00-Scenic Bus Ride 4:30-Evening Walk (Meet in the Bistro)</p>
<p>6 Time Change (Fall Back) ⌚ 2:00-Church Service (Blue Ridge First Baptist) (Main Living Room)</p> 	<p>7 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pray the Rosary with Denise (Dining Room) 11:00-Balloon Toss with Jim (200) 2:00-A-Z Word Game (200) 3:30-Music with Steven Chappelle (200) 4:30-Evening Walk (Meet with a Friend)</p>	<p>8 Hair Dresser (Jennie) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Community Cookbook (200) 2:00-Trivia (200) 3:00-Craft Corner 4:30-Evening Walk (Meet with a Friend)</p>	<p>9 Hair Dresser (Anna Marie & Jessica) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Charlie 11:00-Words Within a Word (200) 2:00-Bingo (Dining Room) 3:00-Bible Study with Delmar (200) 3:30-Spooky Snack Social (Bistro) 4:30-Evening Walk (Meet with a Friend)</p>	<p>10 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:30-Lunch Outing to Mikes Seafood Restaurant 3:30-Activity (Bistro) 4:30-Evening Walk (Meet with a Friend)</p>	<p>11 Veterans Day 🇺🇸 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Puzzles (Main Living Room) 2:00-Veterans Day Ceremony (Bistro) 3:00-Movie Matinee (100) 4:30-Evening Walk (Meet with a Friend)</p>	<p>12 2:00-Scenic Bus Ride 4:30-Evening Walk (Meet in the Bistro)</p>
<p>13 2:00-Church Service (Hipps Chapel Church) (Main Living Room)</p> 	<p>14 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pray the Rosary with Denise (Dining Room) 11:00-Balloon Toss with Jim (200) 2:00-A-Z Word Game (200) 3:00-Music with Wesley Crider (200) 4:30-Evening Walk (Meet with a Friend)</p>	<p>15 Hair Dresser (Jennie) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Community Cookbook (200) 2:00-Trivia (200) 3:00-Craft Corner 4:30-Evening Walk (Meet with a Friend)</p>	<p>16 Hair Dresser (Anna Marie & Jessica) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Charlie 11:00-Words Within a Word (200) 2:00-Bingo (Dining Room) 3:00-Bible Study with Delmar (200) 3:30-Spooky Snack Social (Bistro) 4:30-Evening Walk (Meet with a Friend)</p>	<p>17 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Activity (Bistro) 2:00-Trip to Walmart 4:30-Evening Walk (Meet with a Friend)</p>	<p>18 Hair Dresser (Jennie) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Puzzles (Main Living Room) 2:00-Bingo (Dining Room) 3:00-Movie Matinee (100) 4:30-Evening Walk (Meet with a Friend)</p>	<p>19 2:00-Scenic Bus Ride 4:30-Evening Walk (Meet in the Bistro)</p>
<p>20 2:00-Church Service (McCaysville Triumphant Holiness) (Main Living Room)</p> 	<p>21 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pray the Rosary with Denise (Dining Room) 11:00-Balloon Toss with Jim (200) 2:00-A-Z Word Game (200) 3:00-Music with Brooks Hayes (200) 4:30-Evening Walk (Meet with a Friend)</p>	<p>22 Hair Dresser (Jennie) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Community Cookbook (200) 2:00-Trivia (200) 3:00-Craft Corner 4:30-Evening Walk (Meet with a Friend)</p>	<p>23 Hair Dresser (Anna Marie & Jessica) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Charlie 11:00-Words Within a Word (200) 2:00-Bingo (Dining Room) 3:00-Bible Study with Delmar (200) 3:30-Spooky Snack Social (Bistro) 4:30-Evening Walk (Meet with a Friend)</p>	<p>24 Thanksgiving 🦃 11:00-Resident Led Board Games (Main Living Room) 4:30-Evening Walk (Meet with a Friend)</p>	<p>25 Black Friday 🛍️ 11:00-Puzzles (Main Living Room) 4:30-Evening Walk (Meet with a Friend)</p>	<p>26 11:00-Resident Led Card Games (Main Living Room) 4:30-Evening Walk (Meet in the Bistro)</p>
<p>27 2:00-Church Service (United Methodist) (Main Living Room)</p> 	<p>28 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pray the Rosary with Denise (Dining Room) 11:00-Resident Council/Food Meeting w/Roger (Dining Room) 2:00-Music with the String Strummers (200) 3:30-A-Z Word Game (200) 4:30-Evening Walk (Meet with a Friend)</p>	<p>29 Hair Dresser (Jennie) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-Community Cookbook (200) 2:00-Trivia (200) 3:00-Craft Corner 4:30-Evening Walk (Meet with a Friend)</p>	<p>30 Hair Dresser (Anna Marie & Jessica) ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Charlie 11:00-Words Within a Word (200) 2:00-Bingo (Dining Room) 3:00-Bible Study with Delmar (200) 3:30-Community Cookbook (Bistro) 4:30-Evening Walk (Meet with a Friend)</p>		<p>HAPPY BIRTHDAY 11/09-Jean Livingston 11/13-Jo Anne Thurmond 11/23-Shirley Smith</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 Hair Dresser (Jennie) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-The Sign 11:00-Finish the Phrase 2:00-Skill Building 2:30-Balloon Ball 3:30-Gazebo Gathering 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>2 Hair Dresser (Anna Marie & Jessica) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-Fluff & Fold 11:00-Spooky Treats with Gail 2:00-Get to Know Me 3:00-All About Autumn 3:30-Parachute Ball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>3</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-Aromatherapy 11:00-Hand Massages 2:00-Name That Tune 3:30-Who Am I? (Guessing Game) 3:00-Popcorn & Puzzles 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>4 Hair Dresser (Jennie) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-The Sign 11:00-Watercolor Painting 2:00-Lets Learn Something 3:00-Mosaic Tile Sculpting 3:30-What's at the Zoo 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>5</p> <p>10:00-Exercise 11:00-I-SPY (See If You Can Find It) 2:00-Music with Ryan Stinson</p> <p style="text-align: center;">(Parallel Programs Offered Daily)</p>
<p>6 Time Change (Fall Back) 🕒</p> <p>2:00- Church service (Blue Ridge First Baptist)</p> 	<p>7</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 11:00-Beadwork 2:00-Music w/ Steven Chappelle 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p> <p style="text-align: center;">(Parallel Programs Offered Daily)</p>	<p>8 Hair Dresser (Jennie) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-The Sign 11:00-Finish the Phrase 2:00-Skill Building 2:30-Balloon Ball 3:30-Gazebo Gathering 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>9 Hair Dresser (Anna Marie & Jessica) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-Fluff & Fold 11:00-Spooky Treats with Gail 2:00-Get to Know Me 3:00-All About Autumn 3:30-Parachute Ball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>10</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-Aromatherapy 11:00-Hand Massages 2:00-Name That Tune 3:30-Who Am I? (Guessing Game) 3:00-Popcorn & Puzzles 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>11 Hair Dresser (Jennie) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-The Sign 11:00-Watercolor Painting 2:00-Lets Learn Something 3:00-Mosaic Tile Sculpting 3:30-What's at the Zoo 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>12</p> <p>4:00-Afternoon Walk 6:00-Movie Night</p> <p style="text-align: center;">(Parallel Programs Offered Daily)</p>
<p>13</p> <p>2:00- Church Service (Hipps Chapel Church)</p> 	<p>14</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 11:00-Beadwork 2:00-Music w/ Wesley Crider 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time</p> <p style="text-align: center;">(Parallel Programs Offered Daily)</p>	<p>15 Hair Dresser (Jennie) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-The Sign 11:00-Finish the Phrase 2:00-Skill Building 2:30-Balloon Ball 3:30-Gazebo Gathering 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>16 Hair Dresser (Anna Marie & Jessica) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-Fluff & Fold 11:00-Spooky Treats with Gail 2:00-Get to Know Me 3:00-All About Autumn 3:30-Parachute Ball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>17</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-Aromatherapy 11:00-Hand Massages 2:00-Name That Tune 3:30-Who Am I? (Guessing Game) 3:00-Popcorn & Puzzles 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>18 Hair Dresser (Jennie) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-The Sign 11:00-Watercolor Painting 2:00-Lets Learn Something 3:00-Mosaic Tile Sculpting 3:30-What's at the Zoo 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>19</p> <p>10:00-Exercise 11:00-I-SPY (See If You Can Find It) 2:00-Music with Ryan Stinson</p> <p style="text-align: center;">(Parallel Programs Offered Daily)</p>
<p>20</p> <p>2:00 Church Service (Triumphant Holiness Church)</p> 	<p>21</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-Aromatherapy 11:00-Beadwork 2:00-Music w/ Brooks Hayes 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>22 Hair Dresser (Jennie) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-The Sign 11:00-Finish the Phrase 2:00-Skill Building 2:30-Balloon Ball 3:30-Gazebo Gathering 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>23 Hair Dresser (Anna Marie & Jessica) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-Fluff & Fold 11:00-Spooky Treats with Gail 2:00-Get to Know Me 3:00-All About Autumn 3:30-Parachute Ball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>24 Thanksgiving 🍂</p> <p>10:00-Morning Mingle/Daily News 10:30-Aromatherapy 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>25 Black Friday 🍂</p> <p>10:00-Morning Mingle/Daily News 10:30-The Sign 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>26</p> <p>4:00-Afternoon Walk 6:00-Movie Night</p> <p style="text-align: center;">(Parallel Programs Offered Daily)</p>
<p>27</p> <p>2:00 Church Service (United Methodist)</p> 	<p>28</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-Aromatherapy 11:00-Beadwork 2:00-See If You Can Find It 3:00-Scenic Bus Ride 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>29 Hair Dresser (Jennie) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-The Sign 11:00-Finish the Phrase 2:00-Skill Building 2:30-Balloon Ball 3:30-Gazebo Gathering 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>	<p>30 Hair Dresser (Anna Marie & Jessica) ✂</p> <p>9:30-Exercise 10:00-Morning Mingle/Daily News 10:30-Fluff & Fold 11:00-Spooky Treats with Gail 2:00-Get to Know Me 3:00-All About Autumn 3:30-Parachute Ball 4:00-Afternoon Walk/One on One Time (Parallel Programs Offered Daily)</p>		<p>HAPPY BIRTHDAY</p> <p>11/01-Bonnie Maker 11/06-Glennis Willis 11/11-Joanne Long 11/18-Connie Dershaw 11/20-Ruth Thomas</p>	