









# January Blue Ridge Assisted Living Activities








	Breakfast 8:00		Lunch 12:30		Dinner 5:30	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 2:00-<b>Church Service</b> (Blue Ridge First Baptist) (Main Living Room)</p> 	<p>2 <u>Hair Dresser (Danielle)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-<b>Pray the Rosary</b> with Denise (Dining Room) 11:00-<b>Balloon Toss with Jim</b> (200) 2:00-<b>A-Z Word Game</b> (200) 3:30-<b>Activity Bucket List</b> (200) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>3 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Never Have I Ever!</b> (200) 2:00-<b>Pictionary</b> (200) 3:00-<b>Craft Corner</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) 10:30-<b>Pet Therapy with Charlie</b> 11:00-<b>Words Within a Word</b> (200) 2:00-<b>BINGO</b> (Dining Room) 3:00-<b>Bible Study</b> with Delmar (200) 3:30-<b>Snack Social</b> (Bistro) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>5 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Creative Writing</b> (100) 2:00-<b>Trip to Walmart</b> 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>6 <u>Hair Dresser (Jennie)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Spelling Bee</b> (200) 2:00-<b>BINGO</b> (Dining Room) 3:00-<b>Holiday Movie Matinee</b> (100) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>7 2:00-<b>Music with Jordan Winkler</b> (Main Living Room) 4:30-<b>Evening Walk</b> (Meet in the Bistro)</p>
<p>8 2:00-<b>Church Service</b> (Hipps Chapel Church) (Main Living Room)</p> 	<p>9 <u>Hair Dresser (Danielle)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-<b>Pray the Rosary</b> with Denise (Dining Room) 11:00-<b>Balloon Toss with Jim</b> (200) 2:00-<b>A-Z Word Game</b> (200) 3:00-<b>Music with Wesley Crider</b> (200) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>10 <u>Hair Dresser (Jennie)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Charades</b> (Winter Edition) (200) 2:00-<b>Trivia</b> (200) 3:00-<b>Craft Corner</b> (200) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>11 9:00-<b>Hearing Aid Servicing</b> (Bistro) 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-<b>Pet Therapy with Charlie</b> 11:00-<b>Words Within a Word</b> (200) 2:00-<b>BINGO</b> (Dining Room) 3:00-<b>Bible Study</b> with Delmar (200) 3:30-<b>Snack Social</b> (Bistro) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>12 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:30-<b>Lunch Outing to Rib Country</b> 3:30-<b>Creative Writing</b> (100) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>13 <u>Hair Dresser (Jennie)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Spelling Bee</b> (200) 2:00-<b>BINGO</b> (Dining Room) 3:00-<b>Movie Matinee</b> (100) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>14 2:00-<b>Scenic Bus Ride</b> 4:30-<b>Evening Walk</b> (Meet in the Bistro)</p>
<p>15 2:00-<b>Church Service</b> (McCaysville Triumphant Holiness) (Main Living Room)</p> 	<p>16 <u>Hair Dresser (Danielle)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-<b>Pray the Rosary</b> with Denise (Dining Room) 11:00-<b>Balloon Toss with Jim</b> (200) 2:00-<b>A-Z Word Game</b> (200) 3:00-<b>"Snowball Fight"</b> (200) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>17 <u>Hair Dresser (Jennie)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Would You Rather?</b> (200) 2:00-<b>Pictionary</b> (200) 3:00-<b>Craft Corner</b> (200) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>18 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-<b>Pet Therapy with Charlie</b> 11:00-<b>Words Within a Word</b> (200) 2:00-<b>BINGO</b> (Dining Room) 3:00-<b>Bible Study</b> with Delmar (200) 3:30-<b>Snack Social</b> (Bistro) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>19 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Creative Writing</b> (100) 2:00-<b>Trip to Walmart</b> 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>20 <u>Hair Dresser (Jennie)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Spelling Bee</b> (200) 2:00-<b>BINGO</b> (Dining Room) 3:00-<b>Movie Matinee</b> (100) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>21 2:00-<b>Scenic Bus Ride</b> 4:30-<b>Evening Walk</b> (Meet in the Bistro)</p>
<p>22 2:00-<b>Church Service</b> (Blue Ridge United Methodist) (Main Living Room)</p> 	<p>23 <u>Hair Dresser (Danielle)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-<b>Pray the Rosary</b> with Denise (Dining Room) 11:00-<b>Balloon Toss with Jim</b> (200) 2:00-<b>A-Z Word Game</b> (200) 3:30-<b>Music with Steven Chappelle</b> (200) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>24 <u>Hair Dresser (Jennie)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Name 5!</b> (200) 2:00-<b>Trivia</b> (200) 3:00-<b>Craft Corner</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) 10:30-<b>Pet Therapy with Charlie</b> 11:00-<b>Words Within a Word</b> (200) 2:00-<b>BINGO</b> (Dining Room) 3:00-<b>Bible Study</b> with Delmar (200) 3:30-<b>Resident Birthday Party</b> (Bistro) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>26 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Creative Writing</b> (100) 2:00-<b>Trip to the Bowling Alley</b> 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>27 <u>Hair Dresser (Jennie)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Spelling Bee</b> (200) 2:00-<b>BINGO</b> (Dining Room) 3:00-<b>Movie Matinee</b> (100) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>28 2:00-<b>Music with Ryan Stinson</b> (Main Living Room) 4:30-<b>Evening Walk</b> (Meet in the Bistro)</p>
<p>29 2:00-<b>Church Service</b> (Blue Ridge United Methodist) (Main Living Room)</p> 	<p>30 <u>Hair Dresser (Danielle)</u> ✂ 10:00-Exercise (200) 10:30-<b>Pray the Rosary</b> with Denise (Dining Room) 11:00-<b>Resident Council/Food Meeting w/Roger</b> (Dining Room) 2:00-<b>A-Z Word Game</b> (200) 3:00-<b>Just a Minute!</b> (200) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>	<p>31 <u>Hair Dresser (Jennie)</u> ✂ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00-<b>Compliment or Insult?</b> (200) 2:00-<b>Age in Motion Social with Powerback Rehab</b> (Bistro) 3:00-<b>Craft Corner</b> (200) 4:30-<b>Evening Walk</b> (Meet with a Friend)</p>		<p><b>HAPPY BIRTHDAY</b> 0/03-Edie Zak 01/06-Nancy Stewart 01/10-Gene Bennett 01/14-Jessie Fields 01/30-Rose Postelle</p>		<p><b>PLEASE SEE ACTIVITY MARQUEE DAILY AS ACTIVIES OR TIMES ARE SUBJECT TO CHANGE</b></p> 

# January Blue Ridge Memory Care Activities

**Breakfast: 8am**

**Lunch: 12:30pm**

**Dinner: 5:30pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <u>New Year's Day</u> 2:00-Church service (Blue Ridge First Baptist)</p> 	<p>2 <u>Observance of New Year's Day</u> Aroma Therapy Coffee Clutch &amp; NEWS FLASH *Fingerprint Pointillism <b>Cardio</b> <b>Snack</b> *Favorite Childhood Chocolates <b>FOODIES RECIPE</b> *Make A Chocolate Mousse' TASTE TEST DELIGHT *Name the Board Game *Bauble Suncatcher Button Twister/Jenga</p>	<p>3 Aromatherapy/Chicken Soup for the Soul *Pipe Cleaner Craft <b>Yoga</b> <b>Snack</b> *Do You Remember Rawhide *Sticker Art *Instrumental Sing Along *Snowflake Wreaths *Musical Instruments Shake rattle &amp; Roll Light Board Design *Backwards Beanbag Toss</p>	<p>4 Aromatherapy Poetry <b>Cardio Drumming</b> <b>Snack</b> *Instrumental Sing Along <b>FOODIES RECIPE</b> *Make Cracker Snacks TASTE TEST DELIGHT What Do You Do At the end of the year? *Marbling Art <b>BALL PONG</b></p>	<p>5 Aroma Therapy Coffee Clutch &amp; NEWS FLASH Life of a Penguin *Design your Penguin <b>Zumba</b> <b>Snack</b> *Guess the Country Song *Sugar Writing <b>JEWLZ</b> Pool Noodle Hockey</p>	<p>6 <u>Hair Dresser (Jennie)</u> Aromatherapy Chicken Soup for the Soul <b>Bead Works</b> <b>Thai Chi/Meditative Moments</b> <b>Snack</b> *Sticker Bookmarks *What Goes Well with Biscuits? *Rock Painting *Tea Tasting Target Volley Ball</p>	<p>7 Activity Boxes Bowling with a care manager <b>Music with Jordan Winkler</b> Movie Night (Resident Choice)</p>
<p>8 2:00-Church service (Hipps Chapel Church)</p> 	<p>9 <u>Hair Dresser (Danielle)</u> Aroma Therapy Coffee Clutch &amp; NEWS FLASH *Fingerprint Pointillism <b>Cardio</b> <b>Snack</b> *Favorite Childhood Chocolates <b>FOODIES RECIPE</b> *Make A Chocolate Mousse' TASTE TEST DELIGHT Music with Wesley Crider *Name the Board Game *Bauble Suncatcher Button Twister/Jenga</p>	<p>10 <u>Hair Dresser (Jennie)</u> Aromatherapy/Chicken Soup for the Soul *Pipe Cleaner Crosses <b>Yoga</b> <b>Snack</b> *Do You Remember This? *Sticker Balloons *Instrumental Sing Along *Musical Instruments Shake rattle &amp; Roll Light Board Design *Backwards Beanbag Toss</p>	<p>11 <u>Hearing Aid Servicing (AL)</u> Aromatherapy Poetry *Winter Magic Milk Experience <b>Cardio Drumming</b> <b>Snack</b> *Instrumental Sing Along <b>FOODIES RECIPE</b> *Make A Fruit Pizza TASTE TEST DELIGHT What Do You Do At the end of the year? *Marbling Art Popsicle Stick Bracelets <b>BALL PONG</b></p>	<p>12 Aromatherapy Coffee Clutch &amp; NEWS FLASH Life of a Honey Bee *Design your honey bee hive <b>Zumba</b> <b>Snack</b> *What's A? Colored Sand Writing Design Foam Block Match Game <b>JEWLZ</b> Spoon &amp; EGG BALANCE Pool Noodle Hockey</p>	<p>13 <u>Hair Dresser (Jennie)</u> Aromatherapy Chicken Soup for the Soul <b>Bead Works</b> <b>Thai Chi/Meditative Moments</b> <b>Snack</b> Ever Ridden A Horse? *Yarn Wrapped Cardinals *Western T.V Trivia *Tea Tasting Target Volley Ball Ring Toss</p>	<p>14 Aroma Therapy Favorite Poetry Cocoa or Coffee <b>Aerobic</b> <b>Collage Works</b> Beach BALL Toss</p>
<p>15 2:00-Church Service (Triumphant Holiness Church)</p> 	<p>16 <u>Hair Dresser (Danielle)</u> Aromatherapy Coffee Club Clutch &amp; NEWS FLASH *Fingerprint Cross <b>Cardio</b> <b>Snack</b> *Name the Opposite *What Comes Next <b>FOODIES RECIPE</b> *Make Bagels &amp; Cream Cheese TASTE TEST DELIGHT *Guess the Candy Bar? *Wax Paper Suncatcher Button Twister/Jenga</p>	<p>17 <u>Hair Dresser (Jennie)</u> Aromatherapy/Chicken Soup for the Soul *Pasta Patterns <b>Yoga</b> <b>Snack</b> *Remembering 1950 *Guess the Jazz Instrument *Wall Snow Angels *Musical Instruments Shake Rattle &amp; Roll *Spice Painting Jenga Hula Hoop Bean Bag Toss</p>	<p>18 Aromatherapy Poetry *Painting with Snow paint <b>Cardio Drumming</b> <b>Snack</b> *Identify the tea by smell <b>FOODIES RECIPE</b> Make A PBEJ Day TASTE TEST DELIGHT *Can You Be a Librarian? *Painting with Snow paint <b>BALL PONG</b></p>	<p>19 Aromatherapy Coffee Club &amp; NEWS FLASH Life of a Polar Bear *Cute Polar Bear <b>Zumba</b> <b>Snack</b> *Ava Gardner Fun Facts *Calligraphy Writing &amp; Design *Storytelling Time Spoon &amp; EGG BALANCE <b>JEWLZ</b> Pool Noodle Hockey</p>	<p>20 <u>Hair Dresser (Jennie)</u> Aromatherapy Chicken Soup for the Soul <b>Bead Works</b> <b>Thai Chi/ Meditative Moments</b> <b>Snack</b> When did you see the movie? * *Water Color Bookmarks *Tea Tasting Guess the Candy Bar? *Specialty Rock Painting Target Volley Ball Ring Toss</p>	<p>21 Activity Boxes Bowling with a Care manager Movie Night (Resident Choice)</p>
<p>22 2:00-Church Service (United Methodist)</p> 	<p>23 <u>Hair Dresser (Danielle)</u> Aromatherapy Coffee Clutch &amp; NEWS FLASH Fingerprint Pointillism <b>Cardio</b> <b>Snack</b> *Can You Tell The difference <b>FOODIES RECIPE</b> Chocolate Chip Cookies TASTE TEST DELIGHT Music with Steven Chappelle *Favorite Wild Animals Design a Suncatcher Button Twister/Jenga</p>	<p>24 <u>Hair Dresser (Jennie)</u> Aromatherapy/Chicken Soup for the Soul *Salt Painted Snowflakes <b>Yoga</b> <b>Snack</b> *Remembering Cary Grant *Paper Snow Angels *Musical Instruments Shake Rattle &amp; Roll *Paint blots Light Board Design *Backwards Beanbag Toss</p>	<p>25 Aromatherapy Poetry *American Yarn Ball Ornament <b>Cardio Drumming</b> <b>Snack</b> *Ever Been to Radio City Music Hall? *Big Band Toe Tapping *Textured Hot Air Balloons <b>FOODIES RECIPE</b> *A Bunch OF Grapes &amp; Cherries TASTE TEST DELIGHT *Marbling Art <b>BALL PONG</b></p>	<p>26 Aromatherapy Coffee Clutch &amp; NEWS FLASH Life of a Elephant Let's Make a <b>Zumba</b> <b>Snack</b> Late Night Shows? Marble &amp; Rock Writing Design *Cross Country Travels? *Confetti Eruption Spoon &amp; Egg Balance Pool Noodle Hockey</p>	<p>27 Aromatherapy/Chicken Soup for the Soul <b>Beaded Beauties</b> <b>Thai Chi/ Meditative Moments</b> <b>Snack</b> *Roy Rogers Trivia Clay Nation *What do you do at the Beginning of the year? *Stickered Balloons *Tea Tasting Target Volley Ball Ring Toss</p>	<p>28 Aromatherapy/Chicken Soup Cocoa or Coffee <b>Music with Ryan Stinson</b> <b>Aerobics</b> <b>Collage Works</b> Beach BALL Toss</p>
<p>29 2:00-Church Service (United Methodist)</p> 	<p>30 <u>Hair Dresser (Danielle)</u> Aromatherapy Coffee Clutch &amp; NEWS FLASH Fingerprint Pointillism <b>Cardio</b> <b>Snack</b> *What Comes Next <b>FOODIES RECIPE</b> TASTE TEST Suncatcher Button Twister</p>	<p>31 <u>Hair Dresser (Jennie)</u> Aromatherapy/Chicken Soup for the Soul Creative Pasta Art <b>Chair Yoga</b> <b>Snack</b> *Remember Them? *Paper Snow Angels *Musical Instruments Shake Rattle &amp; Roll *Paint blots Light Board Design *Backwards Beanbag Toss</p>		<p><b>HAPPY BIRTHDAY</b> 01/10-Jodie Kautz 01/29-Ernie Price</p>		<p><b>Life Enrichment Activities with Care Staff Activity Boxes Always Available</b></p>