








January Blue Ridge Assisted Living Activities

	Breakfast 8:00		Lunch 12:30		Dinner 5:30	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>01/06-Betty Winkle 01/07-Clay Silas 01/08-Thomas Nunnally 01/13-Dorothy Lamb 01/27-Mary McPeters</p>		<p>1 New Year's Day Welcome 2020! 11:00-Poker (100) 1:30-Dominoes (100) 3:00-UNO (100) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro)</p> 	<p>2 10:00-Exercise (200) 10:30-Activity Cart 11:00-Bridge (100) 1:30-UNO (100) 2:00-Trip to Walmart 2:00-Checkers (Main Living Room) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>3 10:00-Exercise (200) 10:30-Activity Cart 11:00-Creative Writing/Poetry (100) 1:30-UNO (100) 2:00-Dominoes (100) 3:30-Checkers (Main Living Room) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>4 1:30-UNO (100) 2:00-Poker(100) 2:30-Puzzles (100) 3:00-Checkers (Main Living Room) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>
<p>5 11:00-Poker (100) 1:30-Dominoes (100)</p> <p>2:00-Church Service (Gospel Light Baptist) (Main Living Room)</p> <p>7:00-Puzzles (100)</p> 	<p>6 10:00-Exercise (200) 10:30-Activity Cart 11:00-Balloon Badminton w/Jim (200) 1:30-Bridge with Carolyn (MC) 2:00-Winter Treats in the Bistro 2:30-Bingo (Dining Room) 3:30-Music w/ Jay Crider (200) 4:00-Dominoes 4:30- Evening Walk (Meet in the Bistro)</p>	<p>7 10:00-Exercise (200) 10:30-Activity Cart 11:00-Pet Therapy with Mira 11:00-Poker (100) 1:30-Bridge with Fran (MC) 2:00-Community Cook Book (200) 3:00-Bible Study (Dining Room) 4:00-Checkers Tournament (Bistro) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>8 <u>Podiatrist</u> 10:00-Exercise (200) 10:45-Snack-in-a-Backpack (Bistro) 11:00-Bridge (100) 11:00-Pet Therapy with Charlie 2:30- Bingo (Dining Room) 4:00-Happy Hour (Bistro) 4:00-Puzzles (100) 4:30 Evening Walk (Meet in the Bistro) 6:30-Poker (100)</p>	<p>9 <u>Podiatrist</u> 10:00-Exercise(200) 10:30-Activity Cart 11:00-Bridge (100) 11:30-Lunch Outing to Fatz 1:30-UNO (100) 2:00-Checkers (Main Living Room) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>10 10:00-Exercise (200) 10:30-Activity Cart 11:00-Creative Writing/Poetry (100) 1:30-UNO (100) 2:00-Dominoes (100) 3:30-Checkers (Main Living Room) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>11 1:30-UNO(100) 2:00-Poker (100) 2:30-Puzzles (100) 3:00-Checkers (Main Living Room) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>
<p>12 11:00-Poker (100) 1:30-UNO (100)</p> <p>2:00-Church Service (Church of Christ) (Main Living Room)</p> <p>7:00-Puzzles (100)</p> 	<p>13 10:00-Exercise(200) 10:30-Activity Cart 11:00-Balloon Badminton w/Jim (200) 1:30-Bridge with Carolyn (MC) 2:00-Winter Treats in the Bistro 2:30-Bingo (Dining Room) 3:30-Music w/Wesley Crider (200) 4:00-Dominoes (100) 4:30-Evening Walk (Meet in the Bistro)</p>	<p>14 10:00-Exercise(200) 10:30-Activity Cart 10:30-Pet Therapy with Mira 11:00-Poker (100) 1:30-Bridge with Fran (MC) 3:00-Bible Study (Dining Room) 4:00-Checkers Tournament (Bistro) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>15 10:00-Exercise (200) 10:45-Snack-in-a-Backpack (Bistro) 11:00-Bridge (100) 2:30-Bingo (Dining Room) 4:00-Happy Hour (Bistro) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Poker (100)</p>	<p>16 10:00-Exercise (200) 10:30-Activity Cart 11:00-Bridge (100) 1:30-UNO (100) 1:30-Trip to Walmart 2:00-Checkers (Main Living Room) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>17 10:00-Exercise (200) 10:30-Activity Cart 11:00-Creative Writing/Poetry (100) 11:00-Craft Corner (200) 1:30-UNO (100) 2:30-SUPER BINGO (Dining Room) 3:30-Movie Matinee (100) 3:30-Checkers (Main Living Room) 4:30-Evening Walk (Meet in the Bistro)</p>	<p>18 1:30-UNO (100) 2:00-Poker (100) 2:30-Puzzles (100) 3:00-Checkers (Main Living Room) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>
<p>19 11:00-Poker (100) 1:30-Dominoes (100)</p> <p>2:00-Church Service (Blue Ridge First Baptist) (Main Living Room)</p> <p>7:00-Puzzles (100)</p> 	<p>20 10:00-Exercise (200) 10:30-Activity Cart 11:00-Balloon Badminton w/Jim (200) 1:30-Bridge with Carolyn (MC) 2:00-Winter Treats in the Bistro 2:30-Bingo (Dining Room) 4:00-Music w/Steven Chappelle (200) 4:30-Dominoes (100) 4:30 Evening Walk (Meet in the Bistro)</p>	<p>21 <u>Dr. Tidman</u> 10:00-Exercise(200) 10:30-Activity Cart 10:30-Pet Therapy with Mira 10:45-Hearing Aid Servicing (200) 11:00-Poker (100) 1:30-Bridge with Fran (MC) 2:00-Community Cook Book (200) 3:00-Bible Study (Dining Room) 4:00-Checkers Tournament (Bistro) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>22 10:00-Exercise (200) 10:45-Snack-in-a-Backpack (Bistro) 11:00-Bridge (100) 11:00-Pet Therapy with Charlie 2:30-Bingo (Dining Room) 4:00-Happy Hour (Bistro) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Poker (100)</p>	<p>23 10:00-Exercise (200) 10:30-Activity Cart 11:00-Bridge (100) 11:30-Lunch Outing To Pat's Kountry Kitchen 1:30-UNO (100) 2:00-Checkers (Main Living Room) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>24 10:00-Exercise (200) 10:30-Activity Cart 11:00-Creative Writing/Poetry (100) 1:30-UNO (100) 2:00-Winter Coffee (Bistro) 3:00-Movie Matinee (100) 3:30-Checkers (Main Living Room) 4:30-Evening Walk (Meet in the Bistro)</p>	<p>25 1:30-UNO (100) 2:00-Poker (100) 2:30-Puzzles (100) 3:00-Checkers (Main Living Room) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>
<p>26 11:00-Poker (100) 1:30-UNO (100)</p> <p>2:00-Church Service (Blue Ridge Methodist) (Main Living Room)</p> 	<p>27 10:00-Exercise (200) 10:30-Activity Cart 11:00-Residents Council Meeting (200) 1:30-Bridge with Carolyn (MC) 2:00-Winter Treats in the Bistro 2:30-Bingo (Dining Room) 4:00-Music w/Kim & Curtis (200) 4:30-Dominoes (100) 4:30-Evening Walk (Meet in the Bistro)</p>	<p>28 10:00-Exercise(200) 10:30-Activity Cart 10:30-Pet Therapy with Mira 11:00-Poker (100) 1:30-Bridge with Fran (MC) 3:00-Bible Study (Dining Room) 4:00-Checkers Tournament (Bistro) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>29 10:00-Exercise (200) 10:45-Snack-in-a-Backpack (Bistro) 11:00-Poker (100) 2:30-Bingo (Dining Room) 4:00-Happy Hour (Bistro) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Poker (100)</p>	<p>30 10:00-Exercise(200) 10:30-Activity Cart 11:00-Bridge (100) 1:30-UNO (100) 2:00-Trip to Humane Society Thrift Store 2:00-Checkers (Main Living Room) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p>	<p>31 10:00-Exercise (200) 10:30-Activity Cart 11:00-Creative Writing/Poetry (100) 11:00-Craft Corner (200) 1:30-UNO (100) 2:00-Resident Birthday Party (Bistro) 3:30-Movie Matinee (100) 3:30-Checkers (Main Living Room) 4:30-Evening Walk (Meet in the Bistro)</p>	