

January Blue Ridge Memory Care Activities

Breakfast: 8am

Lunch: 12:30pm

Dinner: 5:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>01/02-Beverly Davis 01-10-Carol Johnson 01/25-Georganna Johnson 01/27-Alice Lundgren</p>		<p>1 <u>NEW YEARS DAY!</u> <u>WELCOME 2020</u></p> <p>10:30-Daily News 2:30-Walk with Friends 4:00-Daily Devotional 6:00-Calming CD'S</p> 	<p>2</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack Party 11:00-Reminisce (Southern Sayings) 11:30-Advice Board 2:00-BINGO with Heartlite Hospice 3:30-Movie Matinee and Popcorn 4:00-Daily Devotional 4:15-Walk with Friends 5:00-Set the Tables 6:00-Soulful Relaxation</p>	<p>3</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack Party 11:00-Manicure Spa Day 1:30-Fun Facts Friday 2:00-Occupation of the Week 3:00-Hot Cocoa in the Dining Room 3:30-Daily Devotional 4:15-Walk with Friends 6:00-Soulful Relaxation</p>	<p>4</p> <p>4:00-Walk with Friends 6:00-Unwind Aromatherapy</p>
<p>5</p> <p>2:00- Church service (AL)</p> 	<p>6</p> <p>10:00-Sit-N-Fit 10:30-Daily News 11:00-Craft Corner 11:00-Balloon Badminton (AL) 1:30-Suitcase of Memories 1:30-Bridge Club with Carolyn 2:00-Winter Treats in the Dining Room 2:30-Music with Jay Crider 4:00-Daily Devotional 4:15-Walk with Friends 6:00-Soulful Relaxation</p>	<p>7</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:30-Pet Therapy with Mira 10:45-Snack Party 11:00-Lunch Outing to Pat's Kitchen 1:30-Bridge Club with Fran 2:00-Walk with Friends 3:00-Movie Matinee and Popcorn 3:00-Bible Study (AL Dining Room) 3:30-Poetry Club 4:00-Community Cook Book 6:00-Soulful Relaxation</p>	<p>8</p> <p><u>Podiatrist</u></p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack-In-A-Backpack (AL) 11:00-Pet Therapy with Charlie 11:00-Ladies Tea Social 1:30-Sensory Box (Feel and Guess) 2:30-Walk with Friends 3:30-BINGO 4:00-HAPPY HOUR (AL) 4:00-Daily Devotional 6:00-Soulful Relaxation</p>	<p>9</p> <p><u>Podiatrist</u></p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack Party 11:00-Smile Toss 11:30-Encouragement Board 1:30-Group Singing & Crafts with Elaine 3:00-Movie Matinee and Popcorn 4:00-Daily Devotional 4:15-Walk with Friends 5:00-Set the Tables 6:00-Soulful Relaxation</p>	<p>10</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack Party 11:00-Manicure Spa Day 1:30-Fun Facts Friday 2:00-Occupation of the Week 3:00-Hot Cocoa in the Dining Room 3:30-Daily Devotional 4:15-Walk with Friends 6:00-Soulful Relaxation</p>	<p>11</p> <p>4:00-Walk with Friends 6:00- Unwind Aromatherapy</p>
<p>12</p> <p>2:00- Church Service (AL)</p> 	<p>13</p> <p>10:00-Sit-N-Fit 10:30-Daily News 11:00-Craft Corner 11:00-Balloon Badminton (AL) 1:30-Through the Decades 1:30-Bridge Club with Carolyn 2:00-Winter Treats in the Dining Room 2:30-Music with Wesley Crider 4:00-Daily Devotional 4:15-Walk with Friends 6:00-Soulful Relaxation</p>	<p>14</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:30-Pet Therapy with Mira 10:45-Snack Party 11:00-Poetry Club 1:30-Bridge Club with Fran 2:00-Walk with Friends 3:00-Movie Matinee and Popcorn 3:00-Bible Study (AL Dining Room) 4:00-<u>Town Hall Meeting</u> 6:00-Soulful Relaxation</p>	<p>15</p> <p>10:00-Sit-N- Fit 10:30-Daily News 10:45- Snack-In-A-Backpack (AL) 11:00-Ladies Tea Social 1:30-Sensory Box (Feel and Guess) 2:30-Walk with Friends 3:30-BINGO 4:00-Daily Devotional 4:00-HAPPY HOUR (AL) 6:00-Soulful Relaxation</p>	<p>16</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack Party 11:00-Reminisce (Southern Sayings) 11:30-Advice Board 2:00-BINGO with Heartlite Hospice 3:00-Movie Matinee and Popcorn 4:00-Daily Devotional 4:15-Walk with Friends 5:00-Set the Tables 6:00-Soulful Relaxation</p>	<p>17</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack Party 11:00-Manicure Spa Day 1:30-Fun Facts Friday 2:00-Occupation of the Week 2:30-Resident Birthday Party 3:00-Hot Cocoa in the Dining Room 4:00-Daily Devotional 4:15-Walk with Friends 6:00-Soulful Relaxation</p>	<p>18</p> <p>4:00-Walk with Friends 6:00-Unwind Aromatherapy</p>
<p>19</p> <p>2:00 Church Service (AL) 3:30-John Acuff</p> 	<p>20</p> <p>10:00-Sit-N-Fit 10:30-Daily News 11:00-Craft Corner 11:00-Balloon Badminton (AL) 1:30-Suitcase of Memories 1:30-Bridge Club with Carolyn 2:00-Winter Treats in the Dining Room 3:00-Music with Steven Chappelle 4:00-Daily Devotional 4:15-Walk with Friends 6:00-Soulful Relaxation</p>	<p>21</p> <p><u>Dr. Tidman</u></p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:30-Pet Therapy with Mira 10:45-Snack Party 11:00-Lunch Outing to Pete's Place 1:30-Bridge Club with Fran 2:00-Walk with Friends 3:00-Movie Matinee and Popcorn 3:00-Bible Study (AL Dining Room) 3:30-Poetry Club 4:00-Community Cook Book 6:00-Soulful Relaxation</p>	<p>22</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack-In-A-Backpack (AL) 11:00-Pet Therapy with Charlie 11:00-Ladies Tea Social 1:30-Sensory Box (Feel and Guess) 2:30-Walk with Friends 3:30-BINGO 4:00-HAPPY HOUR (AL) 4:00-Daily Devotional 6:00-Soulful Relaxation</p>	<p>23</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack Party 11:00-Smile Toss 11:30-Encouragement Board 1:30-Group Singing & Crafts with Elaine 3:00-Movie Matinee and Popcorn 4:00-Daily Devotional 4:15-Walk with Friends 5:00-Set the Tables 6:00-Soulful Relaxation</p>	<p>24</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack Party 11:00-Manicure Spa Day 1:30-Fun Facts Friday 2:00-Occupation of the Week 3:00-Hot Cocoa in the Dining Room 4:00-Daily Devotional 4:15-Walk with Friends 6:00-Soulful Relaxation</p>	<p>25</p> <p>4:00-Walk with Friends 6:00 Unwind Aromatherapy</p>
<p>26</p> <p>2:00 Church Service (AL)</p> 	<p>27</p> <p>10:00-Sit-N-Fit 10:30-Daily News 11:00-Craft Corner 11:00-Balloon Badminton (AL) 1:30-Through the Decades 1:30-Bridge Club with Carolyn 2:00-Winter Treats in the Dining Room 3:00-Music with Kim & Curtis 4:00-Daily Devotional 4:15-Walk with Friends 6:00-Soulful Relaxation</p>	<p>28</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:30-Pet Therapy with Mira 10:45-Snack Party 11:00-Poetry Club 1:30-Bridge Club with Fran 2:00-Walk with Friends 3:00-Movie Matinee and Popcorn 3:00-Bible Study (AL Dining Room) 4:00-<u>Town Hall Meeting</u> 6:00-Soulful Relaxation</p>	<p>29</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack-In-A-Backpack (AL) 11:00-Ladies Tea Social 1:30-Sensory Box (Feel and Guess) 2:30-Walk with Friends 3:30-BINGO 4:00-HAPPY HOUR (AL) 4:00-Daily Devotional 6:00-Soulful Relaxation</p>	<p>30</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack Party 11:00-Reminisce (Southern Sayings) 11:30-Advice Board 2:00-BINGO with Heartlite Hospice 3:00-Movie Matinee and Popcorn 4:00-Daily Devotional 4:15-Walk with Friends 5:00-Set the Tables 6:00-Soulful Relaxation</p>	<p>31</p> <p>10:00-Sit-N-Fit 10:30-Daily News 10:45-Snack Party 11:00-Manicure Spa Day 1:30-Fun Facts Friday 2:00-Occupation of the Week 3:00-Hot Cocoa in the Dining Room 3:30-Daily Devotional 4:15-Walk with Friends 6:00-Soulful Relaxation</p>	