


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|--|--|--|---|--|--|
| <p>9:30 SS Bible Devotions 1</p> <p>10:45 PE Sit & Be Fit</p> <p>1:00 CC <i>Impact Youth Ministry with April Joachim</i></p> <p>2:00 CC <i>Maranatha Fellowship</i></p> <p>5:15 LL Checkers</p> <p>7:00 LL Classic Movie Night</p> | <p>9:30 SS Morning Inspirations 2</p> <p>10:30 CC <i>Out & About</i></p> <p>1:30 CE A Look Back on History</p> <p>2:30 SS <i>Music with Pastor Bobby</i></p> <p>5:15 PE Exercise</p> <p>6:00 CE TV News</p> | <p>9:30 PE Fitness Fun 3</p> <p>10:45 SS Daily Wisdom</p> <p>1:30 LL <i>Birthday Social</i></p> <p>2:30 LL Nails & Tales</p> <p>5:30 LL Cards "Crazy 8's"</p> <p>7:00 CE TV Game Shows</p> | <p>9:30 PE Stretch & Flex 4</p> <p>10:15 SS Powerful Prayer</p> <p>1:15 CE Hangman</p> <p>2:30 LL 50's & 60's sing-a-long</p> <p>5:15 PE Mini Golf</p> <p>7:00 SS Spiritual Radio</p> | <p>HAPPY BIRTHDAY HESTER!! 5</p> <p>9:30 SS Words of Wisdom</p> <p>10:30 PE Simple Stretches</p> <p>1:30 CC <i>Communion with Pastor Troy</i></p> <p>2:00 LL Joke Telling</p> <p>3:00 PE Basketball</p> <p>5:30 PE Evening Stroll</p> <p>7:00 LL Comedy Movie Night</p> | <p>9:30 SS Grace For Today 6</p> <p>10:15 PE Movin' & Groovin'</p> <p>1:00 SS <i>Concert by Pastor Paul</i></p> <p>2:15 CE BINGO</p> <p>5:15 LL Radio Time</p> <p>6:00 CE TV News</p> | <p>9:30 PE Tap your Toes 7</p> <p>10:30 SS Devotions</p> <p>1:00 CE Historical Moments</p> <p>2:30 CE Trivia</p> <p>5:15 LL Cards "Go Fish"</p> <p>7:00 LL Snack & Chat</p> | |
| <p>Daylight Saving Time Begins 8</p> <p>9:30 SS Sunday Devotions</p> <p>10:45 PE 5 Minute Moves</p> <p>1:15 SS Chicken Soup for the Soul</p> <p>2:00 CC <i>Maranatha Fellowship</i></p> <p>5:15 LL UNO</p> <p>7:00 PE Sunday Striders</p> | <p>9:30 SS Daily Devotions 9</p> <p>10:30 CC <i>Trip to Pet Smart</i></p> <p>1:00 CE Puzzles</p> <p>2:45 LL Connect Four</p> <p>5:30 LL Musical Moments</p> <p>6:00 CE News on TV</p> | <p>9:30 PE Let's Move It 10</p> <p>10:30 SS Faith Gathering</p> <p>1:00 CC <i>Concert by Robbie and Betty in ALF</i></p> <p>2:15 LL Nail Spa</p> <p>5:15 LL Hand Massages</p> <p>7:00 CE TV Game Shows</p> | <p>9:30 SS Faithful Poems 11</p> <p>10:45 PE Daily Exercise</p> <p>1:00 CC <i>Music Therapy with Sally</i></p> <p>2:30 PE Cornhole</p> <p>5:00 LL Dominoes</p> <p>6:00 CE TV News</p> | <p>9:30 SS Good Morning Devotions 12</p> <p>10:30 PE Sit & Be Fit</p> <p>1:30 LL <i>Taste & Tell</i></p> <p>2:30 PE Bowling</p> <p>5:30 PE Evening Stroll</p> <p>7:00 LL Movie Night</p> | <p>9:30 PE Move to the Music 13</p> <p>10:30 SS Faith Gathering</p> <p>1:00 AE Painting</p> <p>2:30 CE Mind Boggle</p> <p>5:15 LL Cards "Old Maid"</p> <p>7:00 CE Vintage Game Shows</p> | <p>9:30 PE Yoga 14</p> <p>10:45 SS Everyday Praise</p> <p>1:30 CE BINGO</p> <p>3:00 PE Balloon Wack</p> <p>5:30 LL Table Games</p> <p>7:00 LL Classic Movie Night</p> | |
| <p>9:30 SS Sunday Devotions 15</p> <p>10:30 PE Stretches</p> <p>1:00 CE Brain Games</p> <p>2:00 CC <i>Maranatha Fellowship</i></p> <p>5:15 PE Wild Walkers</p> <p>6:00 CE News on TV</p> | <p>9:30 SS Daily Wisdom 16</p> <p>10:30 CC <i>Out & About</i></p> <p>1:00 CE Word Searches</p> <p>2:45 AE Adult Coloring</p> <p>5:00 LL Cards "Old Maid"</p> <p>6:00 CC <i>Concert by Mountain Music String Band in ALF</i></p> | <p>St. Patrick's Day 17</p> <p>9:30 SS Powerful Prayer</p> <p>10:45 PE 5 Minute Moves</p> <p>1:30 LL <i>St. Patrick's Day Party</i></p> <p>2:45 LL Horseshoe Toss</p> <p>5:15 CE A Look Back on History</p> <p>7:00 LL Movie Night</p> | <p>9:30 PE Daily Exercise 18</p> <p>10:30 CC <i>Pet Therapy w/ Ripley</i></p> <p>1:00 LL Name That Tune</p> <p>2:30 CE BINGO</p> <p>5:30 LL Checkers</p> <p>7:00 CE Vintage Game Shows</p> | <p>9:30 SS Grace For Today 19</p> <p>10:30 PE Morning Exercise</p> <p>1:00 CC <i>Concert by Sounds of Bluegrass in ALF</i></p> <p>2:30 PE Ring Toss</p> <p>5:00 LL Boardgame "Sorry"</p> <p>6:00 CE TV News</p> | <p>HAPPY BIRTHDAY ADELE!! 20</p> <p>9:30 PE Fitness Fun</p> <p>10:45 SS Morning Inspirations</p> <p>1:15 LL 21 Blackjack</p> <p>2:30 CC <i>Concert by Geezer Grass in ALF</i></p> <p>5:30 LL Hand Massages</p> <p>7:00 LL Classic Movie Night</p> | <p>9:30 SS Words of Wisdom 21</p> <p>10:45 PE Movin' & Groovin'</p> <p>1:15 LL Music Memories</p> <p>2:30 LL Nail Spa</p> <p>5:30 PE Evening Stroll</p> <p>7:00 LL Snack & Chat</p> | |
| <p>9:30 SS Faith Gathering 22</p> <p>10:30 PE Yoga</p> <p>1:00 AE Arts and Crafts</p> <p>2:00 CC <i>Maranatha Fellowship</i></p> <p>2:30 CC <i>Concert by Blue Connection in ALF</i></p> <p>5:15 PE Mini Golf</p> <p>7:00 LL Comedy Movie Night</p> | <p>9:30 PE Stretches 23</p> <p>10:15 CC <i>Trip to VA Transportation Museum</i></p> <p>1:30 LL Tic-Tac-Toe</p> <p>2:30 CE BINGO</p> <p>5:30 LL Dominoes</p> <p>7:00 CE TV Game Shows</p> | <p>9:30 SS Daily Wisdom 24</p> <p>10:45 PE Stretch & Flex</p> <p>1:00 AE Artistic Therapy</p> <p>2:30 PE Cornhole</p> <p>5:00 SS Chicken Soup for the Soul</p> <p>6:00 CE News on TV</p> | <p>9:30 SS Positive Thoughts 25</p> <p>10:30 PE Tap your Toes</p> <p>1:15 PE Bowling</p> <p>2:45 CE Hangman</p> <p>5:30 LL Table Games</p> <p>7:00 SS Spiritual Radio</p> | <p>9:30 SS Daily Devotions 26</p> <p>10:45 PE Daily Exercise</p> <p>1:30 LL Nail Spa</p> <p>5:15 LL Joke Telling & Good Times</p> <p>7:00 PE Wild Walkers</p> | <p>9:30 SS Prayer Time 27</p> <p>10:30 PE Let's Move It</p> <p>1:30 CC <i>Community Project</i></p> <p>2:45 CE Word Searches</p> <p>5:30 LL Musical Moments</p> <p>7:00 CE TV Game Shows</p> | <p>9:30 SS Everyday Praise 28</p> <p>10:30 PE 5 Minute Moves</p> <p>1:30 LL Boardgame "Trouble"</p> <p>2:30 LL Boardgame "Family Feud"</p> <p>5:15 LL Dominoes</p> <p>7:00 LL Movie Night</p> | |
| <p>9:30 SS Grace For Today 29</p> <p>10:45 PE Yoga</p> <p>1:00 PE Balloon Wack</p> <p>2:00 CC <i>Maranatha Fellowship</i></p> <p>5:00 CE Memory Game w/ cards</p> <p>7:00 LL Snack & Chat</p> | <p>9:30 SS Words of Wisdom 30</p> <p>10:30 CC <i>Out & About</i></p> <p>1:30 CC <i>Concert by Marc Baskind</i></p> <p>2:45 CE Mind Boggle</p> <p>5:15 LL Cards "Old Maid"</p> <p>7:00 LL Classic Movie Night</p> | <p>9:30 PE Simple Stretches 31</p> <p>10:45 SS Daily Wisdom</p> <p>1:30 CC Concert by Saxy Keys in ALF(</p> <p>2:30 CE BINGO</p> <p>5:15 LL Tic-Tac-Toe</p> <p>7:00 PE Evening Stroll</p> |  <p>PHEASANT RIDGE ASSISTED LIVING & MEMORY CARE</p> <p>4435 Pheasant Ridge Road Roanoke, VA 24014 540-725-1120</p> | | | | <p>AE Artistic Expression</p> <p>CC Community Connections</p> <p>CE Continuing Education</p> <p>LL Lifestyle & Leisure</p> <p>PE Physical Engagement</p> <p>SS Spiritual Support</p> |