









May 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 BOARD DAILY AS ACTIVITIES OR TIMES ARE SUBJECT TO CHANGE 😊</p>		<p>HAPPY BIRTHDAY 05/06-Ray Rowe 05/08-Peggy Goode 05/10-Charles Plumley 05/21-Mary Lou Alexander 05/23-Rosalie Miller 05/26-Cecile Fontaine 05/27-Mary Lou Green 05/28-Nan Brantley 05/30-Bill Langford</p>			<p>1 10:00-Exercise (Coordination) (200) 11:00-Creative Writing/Poetry (100) 2:30-Bingo (Dining Room) 4:00-Movie Matinee (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>2 2:30-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>
<p>3 10:00-Church Service (Streamed Chanel 3) (Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p> 	<p>4 10:00-Exercise (Range of Motion) (200) 11:00-TV Game Shows (100) 2:30-Bingo (Dining Room) 4:00-To My Loved Ones (Bistro) 4:30- Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>5 10:00-Exercise with Kristen (200) 11:00-TV Game Shows (100) 2:00-Craft Corner (200) 3:00-Movie Matinee (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>6 10:00-Exercise (Coordination) (200) 11:00-Letters/Cards to Home (200) 2:30-Bingo (Dining Room) 4:00-Puzzles (100) 4:30 Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>7 10:00-Exercise (Range of Motion) (200) 11:00-Streamed Broadway Show (100) 2:00-Documentary (100) 3:00-Coloring/Drawing (200) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>8 10:00-Exercise (Coordination) (200) 11:00-Creative Writing/Poetry (100) 2:30-Bingo (Dining Room) 4:00-Movie Matinee (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>9 2:30-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>
<p>10 10:00-Church Service (Streamed Channel 3) (Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p> 	<p>11 10:00-Exercise (Range of Motion) (200) 11:00-TV Game Shows (100) 2:00-Spring Treats in the Bistro 2:30-Bingo (Dining Room) 4:00-To My Loved Ones (Bistro) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>12 10:00-Exercise with Kristen (200) 11:00-TV Game Shows (100) 2:00-Craft Corner (200) 3:00-Movie Matinee (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>13 10:00-Exercise (Coordination) (200) 11:00-Letters/Cards to Home (200) 2:30-Bingo (Dining Room) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>14 10:00-Exercise (Range of Motion) (200) 11:00-Streamed Opera (100) 2:00-Documentary (100) 3:00-Coloring/Drawing (200) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>15 10:00-Exercise (Coordination) (200) 11:00-Creative Writing/Poetry (100) 2:30-SUPER BINGO (Dining Room) 4:00-Movie Matinee (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>16 2:30-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>
<p>17 10:00-Church Service (Streamed Channel 3) (Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p> 	<p>18 10:00-Exercise (Range of Motion) (200) 11:00-TV Game Shows (100) 2:30-Bingo (Dining Room) 4:00-To My Loved Ones (Bistro) 4:30 Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>19 <u>Dr. Tidman</u> 10:00-Exercise with Kristen (200)  11:00-TV Game Shows (100) 2:00-Craft Corner (200) 3:00-Movie Matinee (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>20 10:00-Exercise (Coordination) (200) 11:00-Letters/Cards to Home (200) 2:30-Bingo (Dining Room) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>21 10:00-Exercise (Range of Motion) (200) 11:00-Virtual Traveling (100) 2:00-Documentary (100) 3:00-Coloring/Drawing (200) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>22 10:00-Exercise (Coordination) (200) 11:00-Creative Writing/Poetry (100) 2:30-Bingo (Dining Room) 4:00-Movie Matinee (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>23 2:30-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>
<p>24 10:00-Church Service (Streamed Channel 3) (Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p> 	<p>25 10:00-Exercise (Range of Motion) (200) 11:00-<u>Residents Council Meeting/Food Meeting with Roger</u> (Dining Room) 2:30-Bingo (Dining Room) 4:00-To My Loved Ones (Bistro) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>26 10:00-Exercise with Kristen (200) 11:00-TV Game Shows (100) 2:00-Craft Corner (200) 3:00-Movie Matinee (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>27 10:00-Exercise (Coordination) (200) 11:00-Letters/Cards to Home (200) 2:30-Bingo (Dining Room) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>28 10:00-Exercise (Range of Motion) (200) 11:00-Virtual Museum Tour (100) 2:00-Documentary (100) 3:00-Coloring/Drawing (200) 4:00-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>29 10:00-Exercise (Coordination) (200) 11:00-Creative Writing/Poetry (100) 2:30-Bingo (Dining Room) 4:00-Movie Matinee (100) 4:30-Evening Walk (Meet in the Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>30 2:30-Puzzles (100) 4:30-Evening Walk (Meet in the Bistro) 6:30-Darts (Bistro)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>