












August Blue Ridge Assisted Living Activities

<div>Breakfast 8:00</div> <div>Lunch 12:30</div> <div>Dinner 5:30</div>						
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</p> <p>08/01-Carolyn Pierce 08/08-Virginia Carr 08/16-Elizabeth Hunt 08/19-Barbara Plumley 08/21-Gerrie Jones 08/24-Ruth Ross</p>				<p>1 10:00-4:30-Group Walks (100 & 200)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>
<p>2 10:00-Church Service (Streamed Chanel 3) (Bistro) 11:15-4:30-Group Walks (100 & 200)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p> 	<p>3 10:00-Group Walks (100 & 200) 10:00-Outdoor Concert (Front Porch) 2:30-Scenic Bus Trip 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>4 <u>Hair Dresser</u> 10:00-Exercise with Kristen (200) 10:00-Group Walks (100 & 200) 2:00-Bingo (Dining Room) 3:30-Resident Social (Dining Room) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>5 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 11:00-Craft Corner (200) 2:30-Scenic Bus Trip 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>6 <u>Hair Dresser</u> 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 2:00-Bingo (Dining Room) 3:30-Corn Hole (100 Back Porch) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>7 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 2:00-Nail Painting (Salon) 2:30-Movie Matinee (100) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>8 10:00-4:30-Group Walks (100 & 200)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>
<p>9 10:00-Church Service (Streamed Channel 3) (Bistro) 11:15-4:30-Group Walks (100 & 200)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p> 	<p>10 10:00-Group Walks (100 & 200) 10:00-Outdoor Concert (Front Porch) 2:30-Scenic Bus Trip 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>11 <u>Hair Dresser</u> 10:00-Exercise with Kristen (200) 10:00-Group Walks (100 & 200) 2:00-Bingo (Dining Room) 3:30-Resident Social (Dining Room) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>12 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 11:00-Craft Corner (200) 2:30-Scenic Bus Trip 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>13 <u>Hair Dresser</u> 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 2:00-Bingo (Dining Room) 3:30-Down Shift into a Happier, Healthier Life (100) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>14 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 2:00-Nail Painting (Salon) 2:30-Movie Matinee (100) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>15 10:00-4:30-Group Walks (100 & 200)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>
<p>16 10:00-Church Service (Streamed Channel 3) (Bistro) 11:15-4:30-Group Walks (100 & 200)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p> 	<p>17 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 10:00-Outdoor Concert (Front Porch) 2:30-Scenic Bus Trip 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>18 <u>Dr. Tidman</u> <u>Hair Dresser</u>  10:00-Exercise with Kristen (200) 10:00-Group Walks (100 & 200) 2:00-Bingo (Dining Room) 3:30-Resident Social (Dining Room) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>19 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 11:00-Craft Corner (200) 2:30-Scenic Bus Trip 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>20 <u>Hair Dresser</u> 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 2:00-Bingo (Dining Room) 3:30-Corn Hole (100 Back Porch) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>21 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 3:00-Resident Birthday Party (Dining Room) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>22 10:00-4:30-Group Walks (100 & 200)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>
<p>23 10:00-Church Service (Streamed Channel 3) (Bistro) 11:15-4:30-Group Walks (100 & 200)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>  <p>30 10:00-Church Service (Streamed Channel 3) (Bistro) 11:15-4:30-Group Walks (100 & 200)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p> 	<p>24 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 11:00-Color Wheel Therapy (200) 2:30-Scenic Bus Trip 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p> <p>31 10:00-Exercise (Range of Motion) (200) 11:00-Residents Council Meeting/Food Meeting (Dining Room) 11:00-A Moment to Remember Jar 2:30-Scenic Bus Trip 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>25 <u>Hair Dresser</u> 10:00-Exercise with Kristen (200) 10:00-Group Walks (100 & 200) 2:00-Bingo (Dining Room) 3:30-Resident Social (Dining Room) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>26 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 11:00-Craft Corner (200) 2:30-Scenic Bus Trip 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>27 <u>Hair Dresser</u> 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 2:00-Bingo (Dining Room) 3:30-Travel the World (100) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>28 10:00-Exercise (Range of Motion) (200) 10:00-Group Walks (100 & 200) 2:00-Nail Painting (Salon) 2:30-Movie Matinee (100) 4:30-Face Time Calls</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>	<p>29 10:00-4:30-Group Walks (100 & 200)</p> <p>SOCIAL DISTANCING (6FT APART) ALWAYS WEAR YOUR MASK</p>