

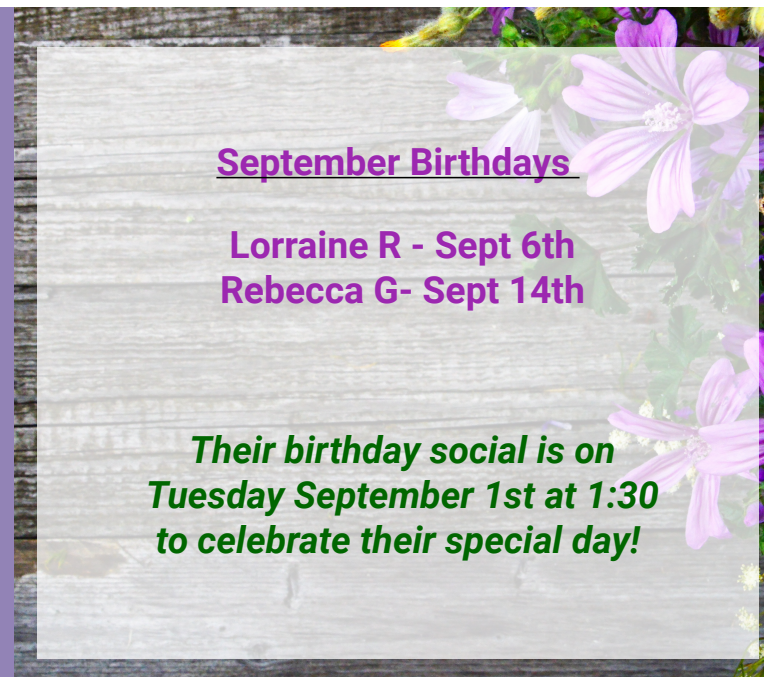
## Seven Ways to Keep Healthy During the COVID-19 Outbreak

During this time of uncertainty, all of us need some "tools" to keep healthy and cope with our anxieties.


### 7 Tips for Keeping Healthy:

1. Stay informed but not consumed
2. Practice relaxation techniques
3. Stay active
4. Remain connected
5. Dust off old hobbies or start a new one
6. Get your daily dose of laughter
7. Find joy in everyday things

Prioritizing your well-being during this time is important. We hope that you will find one or more of these tips helpful and that you will incorporate them into your new routine. Be well. Stay healthy.



Sandra was so delighted to reach out her hands towards Tammy (Chaplain for Good Samaritan Hospice). This is a priceless moment!



Did you know there are over 3,000 varieties of Spring's beautiful early bloomer - the tulip?



September  
2020

Pheasant Ridge  
Senior Living

4435 Pheasant Ridge Road  
Roanoke, VA 24014

As the Nation practices social distancing to stop the spread of the novel coronavirus (COVID-19) maintaining social connection will require some creativity and technology. The good news is that we live in a time where even when apart we can still be together.

### Here are a few low tech and high tech ways to stay connected during this challenging time.

- Call your friends and family.
- Write and mail cards or letters.
- Text or email. Send pictures of yourself with messages to lift your family and friends' spirits.

### Reach out through one of these high tech outlets:

- Facebook Messenger
- Skype
- iPhone FaceTime
- WhatsApp

Not sure how to get started? The life enrichment team can help. Contact us today to learn more.



### Community Events, What's Happening?/ Special Events

\*\*CVS will be conducting a Flu Clinic for the residents here and are encouraged to get the shot. There will be an enclosed form emailed to the families and will need to be returned or faxed to my attention. The date of the Flu Clinic is on Sept 9th from 8:00am-12:00pm in our Country Kitchen on the Assisted Living side\*\*

# September 2020

## Pheasant Ridge Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		9:45 <b>SS</b> Devotion 10:30 <b>PE</b> Exercise 11:15 <b>CE</b> Connect Four 1:30 <b>LL</b> <b>Birthday Social</b> 2:45 Memory Game w/ cards 5:30 <b>AE</b> Musical Moments 7:00 Snack & Chat	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 11:15 <b>CE</b> Mind Boggle 1:30 <b>AE</b> Artistic Therapy 2:45 <b>LL</b> Nail Spa 5:30 <b>SS</b> Spiritual Radio 7:00 <b>LL</b> Movie Night	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:15 <b>CE</b> Name That Tune 2:45 <b>LL</b> Joke Telling & Good Times 5:30 <b>LL</b> Hand Massages 7:00 <b>PE</b> Evening Stroll	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:30 <b>CE</b> A Look Back on History 2:45 <b>LL</b> Darts 5:15 <b>AE</b> Musical Moments 7:00 <b>LL</b> Storytime	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:15 <b>PE</b> Wild Walkers 3:30 <b>SS</b> Bible Trivia 5:30 <b>LL</b> Horseshoe Toss 7:00 <b>CE</b> Vintage Game Shows	
9:30 <b>SS</b> Devotion 10:45 <b>PE</b> Exercise 1:30 <b>CE</b> Hangman 2:45 <b>CE</b> Word Searches 5:15 <b>LL</b> Joke Telling 7:00 <b>SS</b> Relaxing Music	<b>Labor Day</b> 9:45 <b>PE</b> Exercise 10:30 <b>CC</b> <b>Van Trip</b> 1:30 <b>AE</b> Adult Coloring 2:45 <b>CE</b> BINGO 5:30 <b>LL</b> Movie Night 7:00 <b>CE</b> Vintage Game Shows	9:45 <b>SS</b> Devotion 10:30 <b>PE</b> Exercise 2:45 <b>AE</b> 50's Sing-a-long 5:30 <b>CE</b> This Day in History 7:00 <b>LL</b> Classic Movie Night	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:15 <b>AE</b> Artistic Therapy 3:00 <b>AE</b> Karaoke 5:30 <b>SS</b> Spiritual Radio 7:00 <b>LL</b> Movie Night	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:30 <b>LL</b> 60's Sing-a-long 2:30 <b>LL</b> Nails & Tales 5:30 <b>SS</b> Bible Study 7:00 <b>PE</b> Wild Walkers	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:30 <b>AE</b> Painting 2:45 <b>CE</b> Trivia 5:15 <b>SS</b> Spiritual Radio 7:00 <b>LL</b> Snack & Chat	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:15 <b>PE</b> Wild Walkers 3:00 <b>LL</b> Bowling 7:00 <b>CE</b> Vintage Game Shows	
9:30 <b>SS</b> Devotion 10:45 <b>PE</b> Exercise 1:15 <b>CE</b> Hangman 2:45 <b>AE</b> 60's Sing-a-long 3:30 <b>LL</b> Dominoes 5:15 <b>LL</b> Connect Four 7:00 <b>SS</b> Spiritual Radio	9:45 <b>PE</b> Exercise 10:30 <b>CC</b> <b>Van Trip</b> 12:30 <b>AE</b> Adult Coloring 1:00 <b>CE</b> Mind Boggle 1:30 <b>CE</b> Family Feud Trivia 2:30 <b>LL</b> Ice Cream Social 3:45 <b>LL</b> 21 Blackjack 5:30 <b>LL</b> Joke Telling & Good Times 7:00 <b>CE</b> Vintage Game Shows	9:45 <b>SS</b> Devotion 10:30 <b>PE</b> Exercise 1:15 <b>CE</b> Word Searches 2:45 <b>CE</b> BINGO 5:15 <b>LL</b> Musical Moments 7:00 <b>LL</b> Snack & Chat	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:30 <b>LL</b> Nail Spa 3:00 <b>SS</b> Chicken Soup for the Soul 5:30 <b>SS</b> Spiritual Radio 7:00 <b>LL</b> Movie Night	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:15 <b>CE</b> Word Searches 2:45 <b>CE</b> Name That Tune 5:30 <b>LL</b> Hand Massages 7:00 <b>PE</b> Evening Stroll	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:15 <b>SS</b> Bible Study 2:30 <b>AE</b> Adult Coloring 3:45 <b>CE</b> A Look Back on History 5:15 <b>AE</b> Musical Moments 7:00 <b>LL</b> Classic Movie Night	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:15 <b>PE</b> Wild Walkers 2:45 <b>AE</b> 50's Sing-a-long 3:30 <b>PE</b> Basketball 5:30 <b>LL</b> Cards "Old Maid" 7:00 <b>CE</b> Vintage Game Shows	
9:30 <b>SS</b> Devotion 10:45 <b>PE</b> Exercise 1:30 <b>CE</b> Memory Game w/ cards 3:00 <b>AE</b> 60's Sing-a-long 5:15 <b>LL</b> Joke Telling 7:00 <b>SS</b> Relaxing Music	9:45 <b>PE</b> Exercise 10:30 <b>CC</b> <b>Van Trip</b> 1:30 <b>AE</b> Adult Coloring 3:00 <b>SS</b> Bible Trivia 5:30 <b>LL</b> Tic-Tac-Toe 7:00 <b>LL</b> Comedy Movie Night	9:45 <b>SS</b> Devotion 10:30 <b>PE</b> Exercise 1:30 <b>LL</b> Blackjack 21 2:45 <b>LL</b> Puzzles 5:30 <b>AE</b> Musical Moments 7:00 <b>LL</b> Evening Stroll	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:15 <b>LL</b> Cornhole 3:00 <b>AE</b> Karaoke 5:30 <b>SS</b> Spiritual Radio 7:00 <b>LL</b> Vintage Game Shows	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:30 <b>LL</b> Nail Spa 2:45 <b>LL</b> Boardgame "Sorry" 5:30 <b>LL</b> Mini Golf 7:00 <b>PE</b> Wild Walkers	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:15 <b>LL</b> Connect Four 2:45 <b>CE</b> Family Feud Trivia 5:15 <b>SS</b> Spiritual Radio 7:00 <b>LL</b> Snack & Chat	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 11:15 <b>LL</b> Cards "Go Fish" 1:30 <b>LL</b> Checkers 2:30 <b>LL</b> Table Games 3:45 <b>LL</b> Ring Toss 5:30 <b>LL</b> Dominoes 7:00 <b>CE</b> Vintage Game Shows	
9:30 <b>SS</b> Devotion 10:45 <b>PE</b> Exercise 1:15 <b>CE</b> Mind Boggle 1:30 <b>AE</b> Arts and Crafts 3:00 <b>LL</b> 50's Sing-a-long 5:15 <b>LL</b> Joke Telling 7:00 <b>LL</b> Storytime	9:45 <b>PE</b> Exercise 10:30 <b>CC</b> <b>Van Trip</b> 1:30 <b>AE</b> Adult Coloring 2:45 <b>CE</b> BINGO 5:15 <b>SS</b> Relaxing Music 7:00 <b>LL</b> Comedy Movie Night	9:45 <b>SS</b> Devotion 10:30 <b>PE</b> Exercise 1:30 <b>PE</b> Balloon Wack 2:45 <b>CE</b> Hangman 5:15 <b>CE</b> Memory Game w/ cards 7:00 <b>LL</b> Hand Massages	9:45 <b>PE</b> Exercise 10:30 <b>SS</b> Devotion 1:15 <b>LL</b> Joke Telling & Good Times 2:45 <b>CE</b> Word Searches 5:30 <b>SS</b> Spiritual Radio 7:00 <b>LL</b> Movie Night	<p><b>AE</b> Artistic Expression  <b>CC</b> Community Connections  <b>CE</b> Continuing Education  <b>LL</b> Lifestyle &amp; Leisure  <b>PE</b> Physical Engagement  <b>SS</b> Spiritual Support</p> <p>Healthy Snacks &amp; Hydration offered throughout each day!</p>			