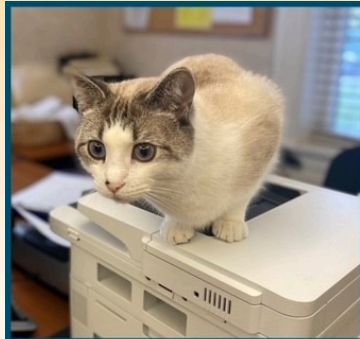
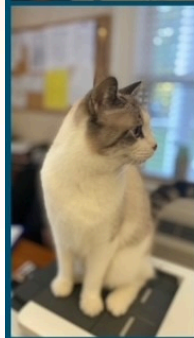


Ridge's silly antics keeps the staff and residents entertained!  
He is spoiled by all!



The many sides of Ridge, the community cat!



You cannot leave your cart unattended!



*This room is always beautifully decorated!*

*Sandra has awesome taste in decorating and enjoys doing this for her mother! We all enjoy the beauty!*



October 2021

Pheasant Ridge  
Senior Living

4435 Pheasant Ridge Road  
Roanoke, VA 24014



"40 Years After"



Jamie and Friends played some good old fashioned bluegrass for the residents!



**October Birthdays**

Theresia #315	10/9
Beverly #341	10/31



Betty enjoys a visit from therapy dog Benny and his owner Tommie!

We are blessed to have many musicians play at our community! We open our hearts to anyone willing to share their talent with us, whether musical, or not! We love when people come to our home and enjoy spending time with us! Volunteer and you'll be blessed for doing it! The look of happiness on the residents' faces are a reward for sacrificing a little of your time! The ladies would love someone to paint their nails! The men and women would love someone to lead a conversation group! It isn't hard! You would be surprised how much there is to talk about! And it's fun! We love to laugh up on this ridge!



October 2021  
Pheasant Ridge Lifestyle & Leisure Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>October cont'd</div> <div>31</div> <div>Halloween Happy Birthday Beverly #341 Worksheets in Country Kitchen! 10:00 PE Volleyball (30-45 min) 11:00 SS Watch a Church Service on TV 1:30 SS Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min) 3:00 LL Sit and Relax on the Front Porch with Friends and Chat (30 min) 6:00 LL Watch your favorite tv shows in your room 7:00 CE Find a Friend and Play a Card Game (60 min)</div>	<div></div> <div></div> <div></div> <div>AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle &amp; Leisure PE Physical Engagement SS Spiritual Support</div>				<div>Worksheets in Country Kitchen! 1</div> <div>10:00 PE Volleyball (45 min) 1:30 CE BINGO (60 min) 3:00 CE Hangman Word Game (60 min) 6:00 LL Watch your favorite tv shows in your room 6:30 LL Grab a Friend and Play a Game (60 min)</div>	<div>Worksheets in Country Kitchen! 2</div> <div>10:00 PE Volleyball (30 min) 1:30 LL Gossip Circle (30 min) Come sit and chat in the Courtyard! 2:30 CC Sunshine Club Members visit others! (30 min) 3:00 PE Take a walk with a friend (30 min) 5:00 CE Read a book or magazine (60 min) 6:00 LL Watch your favorite tv shows in your room</div>
<div>Worksheets in Country Kitchen! 3</div> <div>10:00 PE Volleyball (30-45 min) 11:00 SS Watch a Church Service on TV 1:30 SS Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min) 3:00 LL Snackalackin &amp; Gossip Time with Mary Lou and Libby (30 min) 6:00 LL Watch your favorite tv shows in your room 7:00 CE Find a Friend and Play a Card Game (60 min)</div>	<div>Worksheets in Country Kitchen! 4</div> <div>10:00 PE Mind &amp; Body Exercise (45 min) 1:30 PE Corn Hole (60 min) 2:30 SS Catholic Communion by Pam O'Connor, Our Lady of Nazareth (30 min) 6:00 CE Bridge (60 min) 6:00 LL Watch your favorite tv shows in your room 6:30 CE Work on the Parlor Puzzle (60 min)</div>	<div>Worksheets in Country Kitchen! 5</div> <div>10:00 PE Volleyball (30-45 min) 1:30 PE Social Activity (60 min) 3:15 PE Stretch those Legs (30 min) 6:00 LL Watch your favorite tv shows in your room 6:30 CE Chinese Checkers (30 min) 7:30 LL Take an evening stroll with a friend (30 min)</div>	<div>Worksheets in Country Kitchen! 6</div> <div>9:00 LL Walmart Trip - must be on the signup sheet (120 min) 1:30 CE Apple Cider and Trivia (60 min) 3:00 PE Volleyball (30 min) 6:00 PE Visit a friend (30 min) 6:00 LL Watch your favorite tv shows in your room</div>	<div>Worksheets in Country Kitchen! 7</div> <div>10:00 PE Mind &amp; Body Exercise (45 min) 1:00 SS Communion with Pastor Troy (30 min) 2:00 CE BINGO (60 min) 6:00 PE Volleyball (30-45 min) 6:00 LL Watch your favorite tv shows in your room 7:00 CE UNO - limit of 4 (60 min)</div>	<div>Worksheets in Country Kitchen! 8</div> <div>10:00 CC Concert by Tiffany (60 min) 1:30 AE Pumpkin Decorating Contest (60 min) - FALL prize will go to the most decorated pumpkin! 3:00 CE Hangman Word Game (60 min) 6:00 PE Volleyball (30-45 min) 6:00 CE Watch the evening news and game shows in your apt 6:30 LL Grab a Friend and Play a Game (60 min)</div>	<div>Happy Birthday Theresia #315</div> <div>Worksheets in Country Kitchen! 9</div> <div>10:30 SS Gospel Music by Central Baptist Church (60 min) 12:30 CE UNO - limit of 4 (60 min) 1:30 CC Sunshine Club Members visit others! (30 min) 2:30 PE Volleyball 5:00 CE Read a book or magazine (60 min) 6:00 CE Watch the evening news and game shows in your apt</div>
<div>Worksheets in Country Kitchen! 10</div> <div>10:00 PE Volleyball (30-45 min) 11:00 SS Watch a Church Service on TV 1:30 SS Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min) 3:00 LL Make a New Friend Time (30 min) 6:00 SS Bible Study with Billy Meador (Ruth's son) (30 min) 6:00 CE Watch the evening news and game shows in your apt 7:00 CE Find a Friend and Play a Card Game (60 min)</div>	<div>Columbus Day</div> <div>Worksheets in Country Kitchen! 11</div> <div>10:00 PE Mind &amp; Body Exercise (45 min) 1:30 CE POKENO - similar to Bingo but with face cards (60 min) 2:30 SS Catholic Communion by Pam O'Connor, Our Lady of Nazareth (30 min) 3:00 PE Darts (60 min) 6:00 CE Watch the evening news and game shows in your apt 6:30 CE Work on the Parlor Puzzle (60 min)</div>	<div>Worksheets in Country Kitchen! 12</div> <div>10:00 PE Volleyball (30-45 min) 1:30 CE UNO (60 min) 3:00 PE Group Walk in the Courtyard (30 min) 6:00 CC Concert by Paul Kidd and Friends (90 min) 6:00 CE Watch the evening news and game shows in your apt 7:30 LL Take an evening stroll with a friend (30 min)</div>	<div>Worksheets in Country Kitchen! 13</div> <div>10:00 PE Volleyball (30 min) 1:30 LL Van Trip to Now, Then &amp; Again (Rhonda's mom's store)- must be on sign-up sheet (120 min) 3:00 CE Work on the Parlor Puzzle (60 min) 6:00 CE Watch the evening news and game shows in your apt 6:30 CE UNO - limit of 4 (60 min)</div>	<div>Worksheets in Country Kitchen! 14</div> <div>10:00 PE Mind &amp; Body Exercise (45 min) 1:30 CE BINGO (60 min) 3:00 CE Fun Brain Game (Let's Keep those Brains Active!) (60 min) 6:00 PE Volleyball (30-45 min) 6:00 CE Watch the evening news and game shows in your apt 7:00 CE UNO - limit of 4 (60 min)</div>	<div>Avis last day</div> <div>Worksheets in Country Kitchen! 15</div> <div>10:00 PE Volleyball (45 min) 1:30 CC Goodbye Party for Avis, 20 years as Dining Room staff (60 min) 3:00 PE Grab a friend and take a stroll outside (30 min) 6:00 LL Watch your favorite tv shows in your room 6:30 LL Grab a Friend and Play a Game (60 min)</div>	<div>Worksheets in Country Kitchen! 16</div> <div>9:00 CC Nail Painting with Wanda's Girls (120 min) 1:30 LL Gossip Circle (30 min) Come sit and chat in the Courtyard! 2:30 CC Sunshine Club Members visit others! (30 min) 3:00 PE Volleyball 5:00 CE Read a book or magazine (60 min) 6:00 LL Watch your favorite tv shows in your room</div>
<div>Worksheets in Country Kitchen! 17</div> <div>10:00 PE Volleyball (30-45 min) 11:00 SS Watch a Church Service on TV 1:30 SS Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min) 3:00 CC Friendship Circle with Loretta and Nancy (Bring a new friend) 30 min 6:00 LL Sit and Relax on the Front Porch with Friends and Chat (30 min) 6:00 LL Watch your favorite tv shows in your room 7:00 CE Find a Friend and Play a Card Game (60 min)</div>	<div>Worksheets in Country Kitchen! 18</div> <div>10:00 PE Mind &amp; Body Exercise (45 min) 1:30 CC Concert by Marc Baskind (60 min) 2:30 SS Catholic Communion by Pam O'Connor, Our Lady of Nazareth (30 min) 3:00 PE Let's take a group walk! (30 min) 6:00 LL Watch your favorite tv shows in your room 6:30 CE Work on the Parlor Puzzle (60 min)</div>	<div>Worksheets in Country Kitchen! 19</div> <div>10:00 PE Volleyball (30-45 min) 1:30 SS Bible Questions with Wanda (30 min) 2:30 LL "APPLE" Social Activity - (60 min) 6:00 LL Watch your favorite tv shows in your room 6:30 CE Chinese Checkers (30 min) 7:30 LL Take an evening stroll with a friend (30 min)</div>	<div>Worksheets in Country Kitchen! 20</div> <div>9:00 LL Van Trip to Breakfast at The Roanoker (Sign Up Sheet) (120 min) 1:30 CE Arts and Crafts (90 min) 6:00 PE Visit a friend (30 min) 6:00 PE Volleyball (30-45 min) 6:00 LL Watch your favorite tv shows in your room</div>	<div>Worksheets in Country Kitchen! 21</div> <div>10:00 PE Volleyball (45 min) 1:30 CE BINGO (60 min) 6:00 PE Volleyball (30-45 min) 6:00 LL Watch your favorite tv shows in your room 7:00 CE UNO - limit of 4 (60 min)</div>	<div>Worksheets in Country Kitchen! 22</div> <div>10:00 PE Mind &amp; Body Exercise (45 min) 1:30 CE Rummy (60 min) 3:00 PE Volleyball (30 min) 6:00 CE Watch the evening news and game shows in your apt 6:30 LL Grab a Friend and Play a Game (60 min)</div>	<div>Worksheets in Country Kitchen! 23</div> <div>10:00 PE Volleyball 12:30 CE UNO - limit of 4 (60 min) 2:30 CC Sunshine Club Members visit others! (30 min) 5:00 CE Read a book or magazine (60 min) 6:00 CE Watch the evening news and game shows in your apt</div>
<div>Worksheets in Country Kitchen! 24</div> <div>10:30 SS Church Service with Dave and Donna Spangler, First Baptist Church (30) 11:00 SS Watch a Church Service on TV 1:30 SS Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min) 3:00 SS Bible Study with Billy Meador (Ruth's son) (30 min) 6:00 CE Watch the evening news and game shows in your apt 7:00 CE Find a Friend and Play a Card Game (60 min)</div>	<div>Worksheets in Country Kitchen! 25</div> <div>10:00 PE Mind &amp; Body Exercise (45 min) 1:00 LL Resident Council (30-60 min) 2:00 PE Cornhole and FALL Refreshments (60 min) 2:30 SS Catholic Communion by Pam O'Connor, Our Lady of Nazareth (30 min) 6:00 CE Watch the evening news and game shows in your apt 6:30 CE Work on the Parlor Puzzle (60 min)</div>	<div>Worksheets in Country Kitchen! 26</div> <div>10:00 PE Volleyball (30-45 min) 1:30 CC Concert by Saxy Keys (90 min) 3:15 PE Stretch those Legs (30 min) 6:00 CE Watch the evening news and game shows in your apt 6:30 CC Concert by Sojourner (30-60 min) 7:30 LL Take an evening stroll with a friend (30 min)</div>	<div>Worksheets in Country Kitchen! 27</div> <div>10:00 SS Hymns and Bible Study with Pastor Atkins (60 min) 1:00 LL Van Trip to Salem Ice Cream Parlor - must be on sign-up sheet (120 min) 3:00 CE Work on the Parlor Puzzle (60 min) 6:00 PE Volleyball (30 min) 6:00 CE Watch the evening news and game shows in your apt 7:00 CE UNO - limit of 4 (60 min)</div>	<div>Worksheets in Country Kitchen! 28</div> <div>10:00 PE Mind &amp; Body Exercise (45 min) 1:30 CC Concert by '40 Years After' (90 min) 3:00 PE Let's Take a Walk and Stretch those Legs (30 min) 6:00 PE Volleyball (30-45 min) 6:00 CE Watch the evening news and game shows in your apt 7:00 CE UNO - limit of 4 (60 min)</div>	<div>Worksheets in Country Kitchen! 29</div> <div>10:00 PE Volleyball (45 min) 1:30 CC Halloween Social with music by dj SAM (60 min) 3:00 CE Hangman Word Game (60 min) 6:00 LL Watch your favorite tv shows in your room 6:30 LL Grab a Friend and Play a Game (60 min)</div>	<div>Worksheets in Country Kitchen! 30</div> <div>10:00 PE Volleyball 1:30 CE Rummy (limited seating for 4) 60 min 2:30 CC Sunshine Club Members visit others! (30 min) 5:00 CE Read a book or magazine (60 min) 6:00 LL Watch your favorite tv shows in your room</div>

Continued at top