

*Birthdays*

*Gene #125 - 17th*

*Ray #321 - 21st*

*LaQuita #220 - 22nd*

*May you be blessed with a birthday  
as wonderful as you are!*



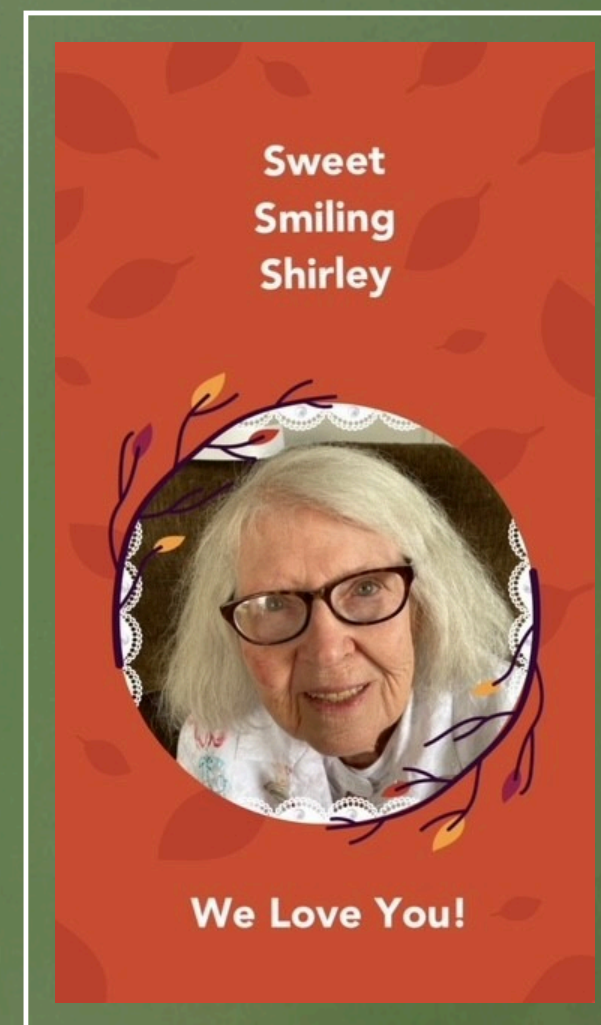
November 11th is Veterans Day! Take time to honor the vets for their service to our country! We have freedom because of the bravery of our men and women!



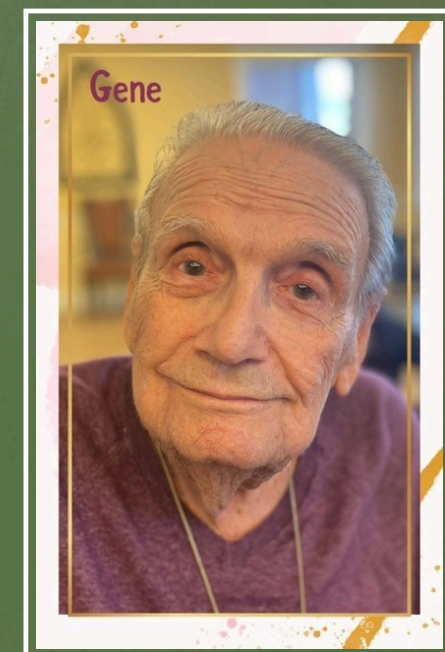
*Pheasant Ridge Senior Living*

*November 2021*

*4435 Pheasant Ridge Road  
Roanoke, VA 24014*



Words from the wise....Enjoy this Autumn season and all the upcoming holidays! Take time to enjoy family and friends! Time is precious and you must use it to make good memories! Stay well and enjoy life!



November is the month of thankfulness We are blessed!





# November 2021

## Pheasant Ridge Lifestyle & Leisure Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Mind & Body Exercise (45 min) 1:30 <b>LL</b> Social Activity (60 min) 2:30 <b>SS</b> <b>Catholic Communion by Pam O,Connor, Our Lady of Nazareth (30 min)</b> 6:00 <b>LL</b> Watch your favorite tv shows in your room 6:30 <b>CE</b> Work on the Parlor Puzzle (60 min)	<b>Deviled Egg Day Election Day</b> <b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball (30 min) 10:30 <b>CC</b> <b>Wanda will be serving deviled eggs, lovingly by herself! Limited supply...first come first serve!</b> 1:30 <b>SS</b> Bible Questions with Wanda (30 min) 3:15 <b>PE</b> Stretch those Legs (30 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room 6:30 <b>CE</b> Chinese Checkers (30 min)	<b>Worksheets in Country Kitchen!</b> 9:00 <b>LL</b> <b>Walmart Trip - must be on the signup sheet (120 min)</b> 1:30 <b>PE</b> Darts - Bullseye wins a raffle ticket for a prize (60 min) 2:30 <b>LL</b> Light refreshments (30 min) 6:00 <b>PE</b> Visit a friend (30 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room 7:30 <b>LL</b> Take an evening stroll with a friend (30 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>SS</b> <b>Communion with Pastor Troy (30 min)</b> 1:30 <b>CC</b> <b>Concert by '40 Years After' (90 min)</b> 3:00 <b>PE</b> Take a walk and stretch those legs (30 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room 7:00 <b>CE</b> UNO - limit of 4 (60 min)	<b>Worksheets in Country Kitchen!</b> 9:00 <b>CC</b> <b>Therapy Massage with Angie (must be on the sign up sheet)</b> 10:00 <b>PE</b> Mind & Body Exercise (45 min) 1:30 <b>CE</b> BINGO (60 min) 3:00 <b>PE</b> Volleyball (30 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room 6:30 <b>CE</b> Scrabble (30 min)	<b>Worksheets in Country Kitchen!</b> 10:30 <b>SS</b> <b>Gospel Music by Central Baptist Church (60 min)</b> 1:30 <b>LL</b> Friendship Circle (30 min) Sit and chat! 2:30 <b>PE</b> Volleyball (30 min) 3:00 <b>CC</b> Sunshine Club Members visit others! (30 min) 5:00 <b>CE</b> Read a book or magazine (60 min) 6:00 <b>CE</b> Bridge (60 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room
<b>Daylight Saving Time Begins</b> <b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball (30-45 min) 11:00 <b>SS</b> Watch a Church Service on TV 1:30 <b>SS</b> <b>Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min)</b> 3:00 <b>SS</b> <b>Bible Study with Billy Meador (Ruth's son) (30 min)</b> 6:00 <b>LL</b> Watch your favorite tv shows in your room 7:00 <b>CE</b> Find a Friend and Play a Card Game (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Mind & Body Exercise (45 min) 1:30 <b>CE</b> Magazine Scavenger Hunt (60 min) 2:30 <b>SS</b> <b>Catholic Communion by Pam O,Connor, Our Lady of Nazareth (30 min)</b> 3:00 <b>PE</b> Volleyball (30-45 min) 6:00 <b>CE</b> Watch the evening news and game shows in your apt 6:30 <b>CE</b> Work on the Parlor Puzzle (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball (30 min) 1:30 <b>CC</b> <b>Concert by Saxy Keys (90 min)</b> 3:00 <b>PE</b> Take a Walk and Stretch Those Legs (30 min) 6:00 <b>CC</b> <b>Concert by Paul Kidd and Friends (90 min)</b>	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Mind & Body Exercise (45 min) 1:00 <b>LL</b> <b>Sightseeing Van Trip to Floyd - must be on sign-up sheet (180 min)</b> 3:00 <b>CE</b> Work on the Parlor Puzzle (60 min) 6:00 <b>CE</b> Watch the evening news and game shows in your apt 6:30 <b>CE</b> UNO - limit of 4 (60 min) 7:30 <b>LL</b> Take an evening stroll with a friend (30 min)	<b>Veterans Day</b> <b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball (30 min) 11:00 <b>CC</b> <b>Veteran's Lunch (11:30-12:30)</b> 1:30 <b>CC</b> <b>Patriotic Music with dj Pat - refreshments will be served (60 min)</b> 6:00 <b>CE</b> Watch the evening news and game shows in your apt 7:00 <b>CE</b> UNO - limit of 4 (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>CC</b> <b>Concert by Tiffany (60 min)</b> 1:30 <b>CE</b> BINGO (60 min) 3:00 <b>PE</b> Volleyball (30 min) 6:00 <b>CE</b> Watch the evening news and game shows in your apt 6:30 <b>LL</b> Grab a Friend and Play a Game (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball 12:30 <b>CE</b> UNO - limit of 4 (60 min) 1:30 <b>LL</b> Invite a friend to take a walk or sit and talk for awhile! (60 min) 2:30 <b>CC</b> Sunshine Club Members visit others! (30 min) 5:00 <b>CE</b> Read a book or magazine (60 min) 6:00 <b>CE</b> Bridge (60 min) 6:00 <b>CE</b> Watch the evening news and game shows in your apt
<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball (30-45 min) 11:00 <b>SS</b> Watch a Church Service on TV 1:30 <b>SS</b> <b>Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min)</b> 3:00 <b>LL</b> <b>Snackalackin &amp; Friendship Time with Mary Lou and Libby (30 min)</b> 6:00 <b>CE</b> Watch the evening news and game shows in your apt 7:00 <b>CE</b> Find a Friend and Play a Card Game (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Mind & Body Exercise (45 min) 1:30 <b>CC</b> <b>Concert by Marc Baskind (60 min)</b> 2:30 <b>SS</b> <b>Catholic Communion by Pam O,Connor, Our Lady of Nazareth (30 min)</b> 3:00 <b>PE</b> Let's take a group walk! (30 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room 6:30 <b>CE</b> Work on the Parlor Puzzle (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball (30 min) 1:00 <b>AE</b> <b>Painting with Artist Patty Clayton (limited seating of 10) (120 min)</b> 3:15 <b>PE</b> Stretch those Legs (30 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room 6:30 <b>CE</b> Chinese Checkers (30 min)	<b>Happy Birthday Gene #125!</b> <b>Worksheets in Country Kitchen!</b> 9:30 <b>LL</b> <b>Van Trip to Elizabeth Arden Warehouse (120 min)</b> 1:30 <b>CE</b> Arts and Crafts (90 min) 3:00 <b>PE</b> Volleyball (30-45 min) 6:00 <b>PE</b> Visit a friend (30 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room 7:30 <b>LL</b> Take an evening stroll with a friend (30 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Mind & Body Exercise (45 min) 1:30 <b>CE</b> BINGO (60 min) 3:00 <b>PE</b> Volleyball (30-45 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room 7:00 <b>CE</b> UNO - limit of 4 (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball (30 min) 1:30 <b>LL</b> Ice Cream Social (60 min) 3:00 <b>CE</b> Hangman Word Game (60 min) 3:30 <b>PE</b> Volleyball (30-45 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball 1:30 <b>LL</b> Friendship Circle (30 min) Sit and chat! 2:30 <b>CC</b> Sunshine Club Members visit others! (30 min) 5:00 <b>CE</b> Read a book or magazine (60 min) 6:00 <b>CE</b> Bridge (60 min) 6:00 <b>LL</b> Watch your favorite tv shows in your room
<b>Happy Birthday Ray #321!</b> <b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball (30-45 min) 11:00 <b>SS</b> Watch a Church Service on TV 1:30 <b>SS</b> <b>Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min)</b> 3:00 <b>SS</b> <b>Bible Study with Billy Meador (Ruth's son) (30 min)</b> 6:00 <b>LL</b> Watch your favorite tv shows in your room 7:00 <b>CE</b> Find a Friend and Play a Card Game (60 min)	<b>Happy Birthday LaQuita!</b> <b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Mind & Body Exercise (45 min) 1:30 <b>CC</b> <b>Elvis Concert (60 min)</b> 2:30 <b>SS</b> <b>Catholic Communion by Pam O,Connor, Our Lady of Nazareth (30 min)</b> 6:00 <b>CE</b> Watch the evening news and game shows in your apt 6:30 <b>CE</b> Work on the Parlor Puzzle (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball (30 min) 1:30 <b>CE</b> Pheasant Bucks Auction - you will receive bucks to spend (60 min) 3:00 <b>PE</b> Take a quick stroll outside to stretch those legs (30 min) 6:00 <b>CE</b> Watch the evening news and game shows in your apt 6:30 <b>CE</b> Chinese Checkers (30 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>SS</b> <b>Hymns and Bible Study with Pastor Atkins (60 min)</b> 1:30 <b>CE</b> Thanksgiving Social (60 min) 3:00 <b>CE</b> Work on the Parlor Puzzle (60 min) 6:00 <b>CE</b> Rummy (limited seating for 4) 60 min 6:00 <b>CE</b> Watch the evening news and game shows in your apt 7:30 <b>LL</b> Take an evening stroll with a friend (30 min)	<b>Thanksgiving</b> <b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball (30-45 min) 1:30 <b>CC</b> <b>Thanksgiving Trivia with Ed (60 min)</b> 3:00 <b>PE</b> Let's Take a Walk and Stretch those Legs (30 min) 6:00 <b>CE</b> Watch the evening news and game shows in your apt 7:00 <b>CE</b> UNO - limit of 4 (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Mind & Body Exercise (45 min) 1:30 <b>PE</b> Bowling (60 min) 6:00 <b>CE</b> Watch the evening news and game shows in your apt 6:30 <b>CE</b> Rummy (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Volleyball 1:30 <b>CE</b> Rummy (limited seating for 4) 60 min 2:30 <b>CC</b> Sunshine Club Members visit others! (30 min) 5:00 <b>CE</b> Read a book or magazine (60 min) 6:00 <b>CE</b> Bridge (60 min) 6:00 <b>CE</b> Watch the evening news and game shows in your apt
<b>Worksheets in Country Kitchen!</b> 10:30 <b>SS</b> <b>Church Service with Dave and Donna Spangler, First Baptist Church (30)</b> 11:00 <b>SS</b> Watch a Church Service on TV 1:30 <b>SS</b> <b>Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min)</b> 3:00 <b>CC</b> <b>Friendship Circle with Loretta and Nancy (Bring a new friend) 30 min</b> 6:00 <b>CE</b> Watch the evening news and game shows in your apt 7:00 <b>CE</b> Find a Friend and Play a Card Game (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>PE</b> Mind & Body Exercise (45 min) 1:00 <b>LL</b> Resident Council (30-60 min) 1:30 <b>LL</b> Social Activity (60 min) 2:30 <b>SS</b> <b>Catholic Communion by Pam O,Connor, Our Lady of Nazareth (30 min)</b> 6:00 <b>LL</b> Watch your favorite tv shows in your room 6:30 <b>CE</b> Work on the Parlor Puzzle (60 min)	<b>Worksheets in Country Kitchen!</b> 10:00 <b>AE</b> <b>Christmas Decorating (any help is appreciated and considered an activity) - all day</b> 10:00 <b>PE</b> Volleyball (30 min) 1:00 <b>CC</b> Sunshine Club Members visit others! (30 min) 2:00 <b>PE</b> Take a stroll outside if weather permits! 6:00 <b>LL</b> Watch your favorite tv shows in your room 6:30 <b>CE</b> Chinese Checkers (30 min)	<b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support			