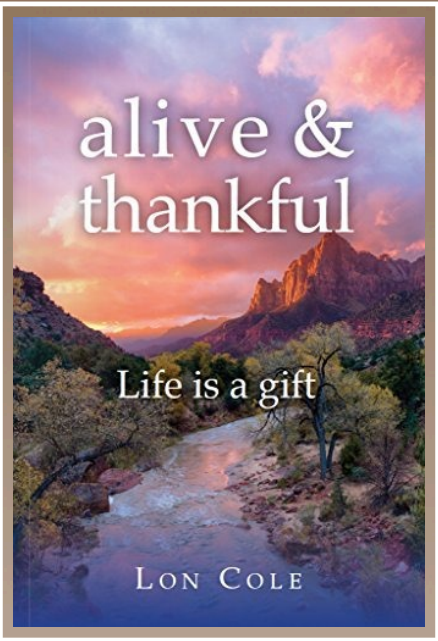




Remember our veterans on Veterans Day
November 11th! We have freedom because of
their service to our country!



Just look at those smiles!
How can coloring not be
good for you?




Thank you for your service to our country Carl!



November 2021

Pheasant Ridge Memory Support

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div></div>	<div>9:45 PE Exercise 1</div> <div>10:45 LL Connect Four</div> <div>1:00 CE Word Searches</div> <div>1:30 PE Balloon Whack</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:30 CE Words in Words game</div> <div>5:30 LL Cards "Old Maid"</div> <div>7:00 CE Vintage Game Shows</div>	<div>Election Day 2</div> <div>9:45 PE Balloon Whack</div> <div>10:30 CE Word Game</div> <div>1:30 LL Birthday Social of the Month</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:30 AE Let's Create</div> <div>5:30 LL Read your favorite book & relax</div> <div>7:00 LL Snack & Chat</div>	<div>9:45 SS Devotion 3</div> <div>10:45 CE Memory Game w/ cards</div> <div>1:30 LL Van Ride</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 CE "Say It" Trivia game</div> <div>5:30 CE Trivia</div> <div>7:00 CE Vintage Game Shows</div>	<div>9:45 PE Exercise 4</div> <div>10:30 SS Communion with Pastor Troy</div> <div>11:00 SS Devotion</div> <div>1:30 LL Resident Council Meeting</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:00 AE Arts and Crafts</div> <div>5:30 LL Read your favorite book & relax</div> <div>7:00 LL Storytime</div>	<div>9:45 PE Exercise 5</div> <div>10:45 LL Choices in a jar</div> <div>1:30 CE BINGO</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 SS Bible Trivia</div> <div>5:30 LL Let's Socialize</div> <div>5:30 LL Watch your favorite TV show</div> <div>7:00 LL Snack & Chat</div> <div>7:00 CE Vintage Game Shows</div>	<div>9:45 SS Devotion 6</div> <div>10:45 PE Ring Toss</div> <div>1:00 PE Balloon Whack</div> <div>1:30 AE 50's Sing-a-long</div> <div>2:30 CE Board Game</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>7:00 LL Comedy Movie Night</div>	
<div>Daylight Saving Time Begins 7</div> <div>9:45 PE Exercise</div> <div>10:30 SS Devotion</div> <div>1:00 CE Family Feud Trivia</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 LL Dominoes</div> <div>5:30 LL Watch your favorite TV show</div> <div>7:00 LL Snack & Chat</div>	<div>9:45 PE Exercise 8</div> <div>10:45 CE This Day in History</div> <div>1:00 CE Word Searches</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 CE Hangman</div> <div>5:30 CE This Day in History</div> <div>7:00 CE Vintage Game Shows</div>	<div>9:45 PE Balloon Whack 9</div> <div>10:30 CE Word Game</div> <div>1:00 CE Mind Game</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:30 CE Trivia</div> <div>5:30 LL Watch your favorite TV show</div> <div>7:00 LL Snack & Chat</div>	<div>9:30 LL Van Ride 10</div> <div>10:45 SS Devotion</div> <div>1:30 PE Balloon Whack</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:00 CE Special Bingo</div> <div>5:00 CE Mind Game</div> <div>7:00 LL Snack & Chat</div>	<div>Veterans Day 11</div> <div>9:45 PE Exercise</div> <div>10:45 AE Name That Tune</div> <div>1:30 PE Tic-Tac-Toe Toss</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:00 CC Patriotic Music by dj Pat</div> <div>3:45 CE Brain Quest Trivia</div> <div>5:30 LL Watch your favorite TV show</div> <div>7:00 PE Wild Walkers</div>	<div>10:45 PE Cornhole Challenge 12</div> <div>10:45 CC Ripley "Believe it or not"</div> <div>1:00 CE BINGO for prizes</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:00 SS Devotion</div> <div>3:45 AE Artistic Therapy</div> <div>4:30 PE Tic-Tac-Toe Toss</div> <div>5:30 LL Read your favorite book & relax</div> <div>7:00 LL Snack & Chat</div> <div>7:00 CE Vintage Game Shows</div>	<div>9:45 SS Devotion 13</div> <div>10:45 CE Hangman</div> <div>1:00 PE Balloon Whack</div> <div>2:00 PE Ring Toss</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 LL Checkers</div> <div>5:15 LL Connect Four</div> <div>7:00 CE Vintage Game Shows</div>	
<div>10:30 SS Devotion 14</div> <div>10:45 PE Ring Toss</div> <div>1:00 CE Family Feud Trivia</div> <div>2:15 SS Maranatha Fellowship</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:30 AE Adult Coloring</div> <div>5:30 LL Joke Telling & Good Times</div> <div>7:00 LL Movie Night</div>	<div>9:45 PE Exercise 15</div> <div>10:45 AE Adult Coloring using Stamps or Stencils</div> <div>1:00 AE Art with Ink Pads</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:00 CC Concert by Marc Baskind</div> <div>4:30 LL Hand Massages</div> <div>5:30 AE Musical Moments</div> <div>7:00 CE Vintage Game Shows</div>	<div>9:45 PE Balloon Whack 16</div> <div>10:30 CE Word Game</div> <div>1:30 PE Tic-Tac-Toe Toss</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:00 LL Blackjack 21</div> <div>5:30 LL Checkers</div> <div>7:00 LL Snack & Chat</div>	<div>9:45 SS Devotion 17</div> <div>10:45 PE Darts</div> <div>1:30 LL Van Ride</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:00 AE Sing-a-Long</div> <div>4:00 CE Word Fun</div> <div>5:30 CE Trivia</div> <div>7:00 PE Evening Stroll</div>	<div>9:45 PE Exercise 18</div> <div>10:45 PE Bowling</div> <div>1:30 CC Music Therapy with Sally Walker</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 CE A Look Back on History</div> <div>5:15 LL Cards "Old Maid"</div> <div>7:00 CE Vintage Game Shows</div>	<div>9:45 PE Exercise 19</div> <div>10:45 PE Bowling</div> <div>1:30 LL Nail Spa</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:30 CE Trivia</div> <div>5:30 LL Table Games</div> <div>7:00 LL Snack & Chat</div> <div>7:00 CE Vintage Game Shows</div>	<div>9:45 PE Exercise 20</div> <div>10:45 CE Hangman</div> <div>1:00 PE Balloon Whack</div> <div>2:00 CE Story Time</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 CE Can You Name 5</div> <div>5:30 LL Tic-Tac-Toe (board game)</div> <div>7:00 PE Wild Walkers</div>	
<div>9:45 SS Devotion 21</div> <div>10:45 LL Boardgame "Operation"</div> <div>1:30 CE Bible Trivia</div> <div>2:00 CC Concert by accordion player Arlene</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 LL Sand Art</div> <div>5:30 SS Chicken Soup for the Soul</div> <div>7:00 LL Classic Movie Night</div>	<div>9:45 PE Exercise 22</div> <div>10:45 PE Horseshoe Toss</div> <div>1:00 PE Ring Toss</div> <div>1:30 CC Elvis Concert in AL</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 CE Scattergories</div> <div>5:30 AE Sing-a-long</div> <div>7:00 CE Vintage Game Shows</div>	<div>9:45 PE Balloon Whack 23</div> <div>10:30 CE Word Game</div> <div>10:45 PE Cornhole</div> <div>1:00 CE Mind Game</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:00 CE BINGO</div> <div>5:30 LL Hand Massages</div> <div>7:00 PE Evening Stroll</div>	<div>9:30 LL Van Ride 24</div> <div>10:45 SS Devotion</div> <div>1:30 PE Exercise</div> <div>2:00 LL Nail Spa</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 CE "All around the USA" Trivia game</div> <div>4:00 CE "Name That" Trivia</div> <div>5:00 CE Mind Game</div> <div>7:00 CE Vintage Game Shows</div>	<div>Thanksgiving 25</div> <div>9:45 PE Exercise</div> <div>10:45 LL Arts and Crafts</div> <div>1:00 LL Connect Four</div> <div>2:00 CE Thanksgiving Social</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:00 SS Devotion</div> <div>3:30 AE Name That Tune</div> <div>5:15 LL Joke Telling</div> <div>7:00 PE Wild Walkers</div>	<div>9:45 PE Exercise 26</div> <div>10:45 PE Darts</div> <div>1:30 PE Balloon Whack</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 CE This-That & Everything Game</div> <div>4:30 LL Dominoes</div> <div>5:30 AE Relaxing Music</div> <div>7:00 CE Vintage Game Shows</div> <div>7:00 PE Wild Walkers</div>	<div>9:45 SS Devotion 27</div> <div>10:45 PE Basketball</div> <div>1:00 PE Balloon Whack</div> <div>2:00 CE Mind Boggle</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:45 AE Artistic Therapy</div> <div>5:30 LL Cards "Crazy 8's"</div> <div>7:00 LL Comedy Movie Night</div>	
<div>9:45 PE Exercise 28</div> <div>10:45 LL Riddles in a jar</div> <div>1:00 CE Family Feud Trivia</div> <div>2:15 SS Maranatha Fellowship</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:30 LL UNO</div> <div>5:15 CE Word Searches</div> <div>7:00 AE Musical Moments</div>	<div>9:45 PE Exercise 29</div> <div>10:45 AE Adult Coloring</div> <div>1:30 AE Karaoke</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>3:00 CE A Look Back on History</div> <div>5:30 AE Musical Moments</div> <div>7:00 CE Vintage Game Shows</div>	<div>9:45 PE Balloon Whack 30</div> <div>10:30 CE Word Game</div> <div>1:15 LL Joke Telling & Good Times</div> <div>1:45 LL Taste & Tell</div> <div>2:30 LL Personal Down Time in the Living Room</div> <div>4:30 AE Sing-a-long</div> <div>5:30 PE Evening Stroll</div> <div>7:00 LL Classic Movie Night</div>	<div>4435 Pheasant Ridge Road Roanoke, VA 24014 540-725-1120</div> <div><div><div>AE Artistic Expression</div><div>CC Community Connections</div><div>CE Continuing Education</div><div>LL Lifestyle & Leisure</div><div>PE Physical Engagement</div><div>SS Spiritual Support</div></div></div>			<div>Healthy Snacks & Hydration offered throughout each day!</div>	