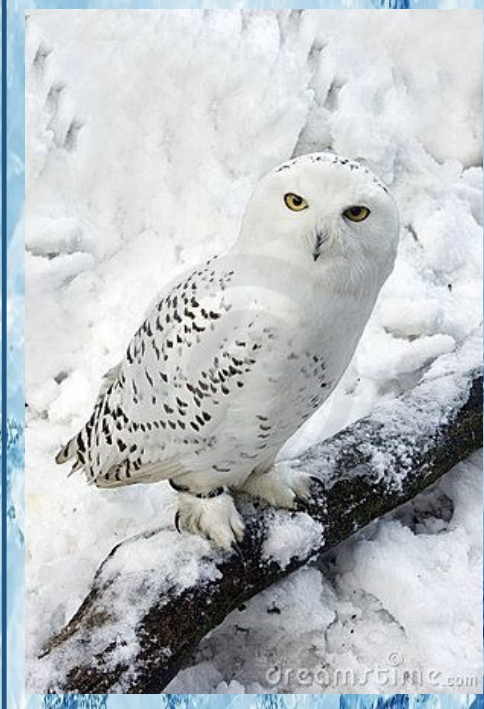




*Elvis is in the building!
Does my makeup look ok?
My hair look nice?
Will he sing to me?*

Elvis will be
returning for
birthday cake on
January 6th!



Let's keep Covid out of the
community in 2022! We
ask your cooperation as we
follow CDC guidelines! Our
1st priority is keeping the
residents safe! Thank you
for allowing us to work in
your loved one's home!
Have a safe and healthy
New Year!



January
2022

Pheasant Ridge
Senior Living

4435 Pheasant Ridge Road
Roanoke, VA 24014

Will January bring snow?



Snowball
Toss
for
Prizes




Ridge has a new buddy!



January Birthdays
Lorene 1/11
Rita 1/13
Dorothy 1/17

January 2022
Pheasant Ridge Lifestyle & Leisure Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January cont'd</div> <div>30</div> <div>10:00 PE Exercise with Kay (60 min)</div> <div>11:00 SS Watch a Church Service on TV</div> <div>1:30 SS Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>7:00 CE Find a Friend and Play a Card Game (60 min)</div>	<div>31</div> <div>10:00 CE Resident Council (30-60 min)</div> <div>1:30 CE Magazine Scavenger Hunt (60 min)</div> <div>3:00 PE Volleyball (30 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>6:30 CE Work on the Parlor Puzzle (60 min)</div>	<div></div> <div>ASSISTED LIVING & MEMORY CARE</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>New Year's Day</div> <div>1</div> <div>10:30 SS Gospel Music by Central Baptist Church (60 min)</div> <div>1:30 LL Friendship Circle (30 min) Sit and chat!</div> <div>2:30 CC Sunshine Club Members visit others! (30 min)</div> <div>3:00 PE Take a walk with a friend (30 min)</div> <div>5:00 CE Read a book or magazine (60 min)</div> <div>6:00 CE Card Game (60 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div>
<div>2</div> <div>10:00 PE Exercise with Kay (60 min)</div> <div>11:00 SS Watch a Church Service on TV</div> <div>1:30 SS Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>7:00 CE Find a Friend and Play a Card Game (60 min)</div>	<div>3</div> <div>10:00 LL Let's Take Down Christmas (all help is welcome) All day activity!</div> <div>3:00 PE Volleyball (30 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>6:30 CE Work on the Parlor Puzzle (60 min)</div>	<div>4</div> <div>10:00 PE Exercise with Kay (60 min)</div> <div>1:30 AE Saran Wrap Ball Game (60 min)</div> <div>3:15 PE Stretch those Legs (30 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>6:30 CE Chinese Checkers (30 min)</div>	<div>5</div> <div>9:00 LL Walmart Trip - must be on the signup sheet (120 min)</div> <div>1:30 CE BINGO (60 min)</div> <div>1:30 SS Catholic Communion, Our Lady of Nazareth (30 min)</div> <div>3:30 PE Volleyball (30 min)</div> <div>6:00 PE Visit a friend (30 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div>	<div>6</div> <div>10:00 SS Communion with Pastor Troy (30 min)</div> <div>1:30 CC Concert and Birthday Party for Elvis - in the flesh! (60 min)</div> <div>3:00 PE Volleyball (30 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>7:00 CE UNO - limit of 4 (60 min)</div>	<div>7</div> <div>10:00 PE Volleyball (30)</div> <div>1:30 PE Let's Go Deer Hunting (60 min)</div> <div>2:45 LL Done Hunting so Let's Have a Beer! Root Beer that is! (30 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>6:30 CE Scrabble (30 min)</div>	<div>8</div> <div>Elvis Presley's Birthday!</div> <div>10:00 PE Volleyball</div> <div>12:30 CE UNO - limit of 4 (60 min)</div> <div>1:30 LL Invite a friend to take a walk or sit and talk for awhile! (60 min)</div> <div>2:30 CC Sunshine Club Members visit others! (30 min)</div> <div>5:00 CE Read a book or magazine (60 min)</div> <div>6:00 CE Card Game (60 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div>
<div>9</div> <div>10:00 PE Exercise with Kay (60 min)</div> <div>11:00 SS Watch a Church Service on TV</div> <div>1:30 SS Bible Service with Youth Pastor Caleb, Barnhardt Baptist Church (30-60 min)</div> <div>3:00 CC Friendship Circle (Bring a new friend) 30 min</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>7:00 CE Find a Friend and Play a Card Game (60 min)</div>	<div>10</div> <div>National Chocolate Day</div> <div>10:00 PE Volleyball (30 min)</div> <div>1:30 CC Concert by Marc Baskind (60 min)</div> <div>2:30 CC Chocolate Treat in Honor of Nat'l Chocolate Day</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>6:30 CE Work on the Parlor Puzzle (60 min)</div>	<div>11</div> <div>Happy Birthday Lorene!</div> <div>10:00 PE Exercise with Kay (60 min)</div> <div>1:30 LL Birthday Social - let's have cake and ice cream (45 min)</div> <div>6:00 CC Concert by Paul Kidd and Friends (90 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>6:30 CE Chinese Checkers (30 min)</div>	<div>12</div> <div>10:30 LL Van Trip to lunch at Pete's Deli and then shopping at 5 Below (180 min)</div> <div>1:30 SS Catholic Communion, Our Lady of Nazareth (30 min)</div> <div>2:30 PE Volleyball (30 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>6:30 CE UNO - limit of 4 (60 min)</div>	<div>13</div> <div>Happy Birthday Rita!</div> <div>10:00 PE Volleyball (30-45 min)</div> <div>1:30 CE BINGO (60 min)</div> <div>2:30 CE Fun Brain Game (Let's Keep those Brains Active!) (15 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>7:00 CE UNO - limit of 4 (60 min)</div>	<div>14</div> <div>10:00 PE Volleyball (30)</div> <div>1:30 CE Hangman Word Game (60 min)</div> <div>3:00 PE Volleyball (30-45 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>6:30 LL Grab a Friend and Play a Game (60 min)</div>	<div>15</div> <div>10:00 PE Volleyball</div> <div>1:30 LL Friendship Circle (30 min) Sit and chat!</div> <div>2:30 CC Sunshine Club Members visit others! (30 min)</div> <div>5:00 CE Read a book or magazine (60 min)</div> <div>6:00 CE Card Game (60 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div>
<div>16</div> <div>10:00 PE Exercise with Kay (60 min)</div> <div>11:00 SS Watch a Church Service on TV</div> <div>1:30 SS Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>7:00 CE Find a Friend and Play a Card Game (60 min)</div>	<div>17</div> <div>Happy Birthday Dorothy! Martin Luther King, Jr. Day</div> <div>10:00 PE Volleyball (30 min)</div> <div>1:00 CC Concert by Tiffany (60 min)</div> <div>2:15 CC Let's Have a Treat (30 min)</div> <div>3:00 PE Let's take a walk! (30 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>6:30 CE Work on the Parlor Puzzle (60 min)</div>	<div>18</div> <div>10:00 PE Exercise with Kay (60 min)</div> <div>1:30 SS Bible Questions with Wanda (30 min)</div> <div>3:00 PE Volleyball (30 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>6:30 CE Chinese Checkers (30 min)</div>	<div>19</div> <div>National Popcorn Day</div> <div>9:30 LL Van Trip to Michaels - must be on sign-up sheet (90 min)</div> <div>1:30 SS Catholic Communion, Our Lady of Nazareth (30 min)</div> <div>1:30 LL Popcorn and Soda Social (60 min)</div> <div>6:00 PE Visit a friend (30 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div>	<div>20</div> <div>10:00 PE Volleyball (30-45 min)</div> <div>1:30 CC Music with dj Pat - refreshments will be served! (60 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>7:00 CE UNO - limit of 4 (60 min)</div>	<div>21</div> <div>10:00 PE Volleyball (30)</div> <div>1:30 LL Ice Cream Social (60 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div> <div>6:30 CE Rummy (60 min)</div>	<div>22</div> <div>10:00 PE Volleyball</div> <div>12:30 CE UNO - limit of 4 (60 min)</div> <div>2:30 CC Sunshine Club Members visit others! (30 min)</div> <div>5:00 CE Read a book or magazine (60 min)</div> <div>6:00 CE Card Game (60 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div>
<div>23</div> <div>10:30 SS Church Service with Dave and Donna Spangler, First Baptist Church (30)</div> <div>11:00 SS Watch a Church Service on TV</div> <div>1:30 SS Bible Service with Richard Carr, Barnhardt Baptist Church (30-60 min)</div> <div>3:00 CC Friendship Circle (Bring a new friend) 30 min</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>7:00 CE Find a Friend and Play a Card Game (60 min)</div>	<div>24</div> <div>10:00 PE Volleyball (30 min)</div> <div>1:30 PE Snowball Throwing Contest for Prizes (60 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>6:30 CE Work on the Parlor Puzzle (60 min)</div>	<div>25</div> <div>10:00 PE Exercise with Kay (60 min)</div> <div>1:30 CC Concert by Saxy Keys (90 min)</div> <div>3:00 PE Take a quick stroll to stretch those legs (30 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>6:30 CE Chinese Checkers (30 min)</div>	<div>26</div> <div>10:00 SS Hymns and Bible Study with Pastor Atkins (60 min)</div> <div>1:00 LL Van Trip to Dollar Tree and Big Lots (120 min)</div> <div>1:30 SS Catholic Communion, Our Lady of Nazareth (30 min)</div> <div>3:00 CE Work on the Parlor Puzzle (60 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>6:30 CE UNO - limit of 4 (60 min)</div>	<div>27</div> <div>10:00 PE Volleyball (30-45 min)</div> <div>1:30 PE Darts (60 min)</div> <div>3:00 PE Let's Take a Walk and Stretch those Legs (30 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>7:00 CE UNO - limit of 4 (60 min)</div>	<div>28</div> <div>10:00 PE Volleyball (30)</div> <div>1:30 CE Pheasant Bucks Auction (60 min)</div> <div>6:00 CE Watch the evening news and game shows in your apt</div> <div>6:30 CE Scrabble (30 min)</div>	<div>29</div> <div>10:00 PE Volleyball</div> <div>1:30 CE Rummy (limited seating for 4) 60 min</div> <div>2:30 CC Sunshine Club Members visit others! (30 min)</div> <div>5:00 CE Read a book or magazine (60 min)</div> <div>6:00 CE Card Game (60 min)</div> <div>6:00 LL Watch your favorite tv shows in your room</div>