



January Birthday's
Sandra 1/10
Johnny 1/23



If you go outside when it's snowing and look up at the sky, you'll feel lots of icy kisses as the snowflakes flutter by.



Betty wishes you a Happy New Year!

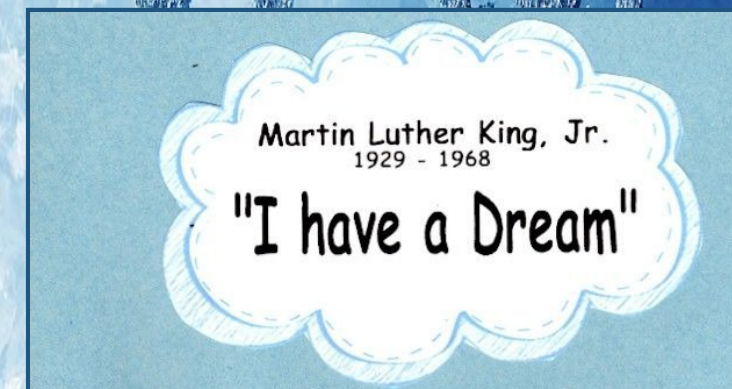
January
2022

Pheasant Ridge
Senior Living

4435 Pheasant Ridge Road
Roanoke, VA 24014



Sally enjoys throwing snowball's



Martin Luther King Jr ~ January 17th

January 2022
Pheasant Ridge Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January cont'd</div> <div>30</div> <div>9:45 PE Group Exercise 10:00 LL Snack time with card games 1:30 SS Chicken Soup for the Soul 2:00 LL Snack & Chat with all Staff 3:30 SS Bible Trivia 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Game Show</div>	<div>31</div> <div>9:45 PE Volleyball Whack with Kay 10:00 LL Snack time with card games 10:45 PE Bowling with Kay 1:30 CE Name That Tune with Kay 2:00 LL Snack & Chat with all Staff 3:30 CE Bingo with Kay 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Vintage Game Shows</div>	<div></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>	<div>New Year's Day</div> <div>1</div> <div>9:45 PE Group Exercise 10:00 LL Snack time with card games 10:30 SS Gospel Music by Central Baptist Church 1:30 CE Family Feud 2:00 LL Snack & Chat with all Staff 3:30 CE Scattergories 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Western Movie</div>	
<div>2</div> <div>9:45 PE Group Exercise 10:00 LL Snack time with card games 10:45 SS Devotion 1:30 SS Chicken Soup for the Soul 2:00 LL Snack & Chat with Staff 3:30 SS Bible Trivia 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Game Show</div>	<div>3</div> <div>9:45 PE Volleyball Whack with Kay 10:00 LL Snack time with card games 10:45 PE Bowling with Kay 1:30 SS Poems by Faith with Kay 2:00 LL Snack & Chat with all Staff 2:30 SS Bible Trivia with Kay 3:30 CE Winter Bingo with Kay 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Vintage Game Shows</div>	<div>4</div> <div>9:45 PE Bean Bag Toss with Kay 10:00 LL Snack time with card games 10:45 PE Balloon Whack with Kay 1:30 LL Birthday Social of the Month 2:00 LL Snack & Chat with all Staff 2:30 CE Scattergories with Kay 3:30 CE Word in Word game 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Night</div>	<div>5</div> <div>9:45 PE Balloon Whack with Kay 10:00 LL Snack time with card games 10:45 SS Devotion's with Kay 1:30 LL Apple Cider and Cookie Social 2:00 LL Snack & Chat with all Staff 2:30 CE Trivia with Kay 3:30 CE Bingo with Kay 3:45 LL Nail Spa in groups with Connie 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Game Show</div>	<div>6</div> <div>9:45 PE Parachute with Balloons 10:30 SS Communion with Pastor Troy 10:45 PE Bean Bag Toss 1:30 CE Brain Quest 2:00 LL Snack & Chat with all Staff 2:30 PE Snow ball fight 3:30 CE Word in Word game 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Movie Night</div>	<div>7</div> <div>9:45 PE Balloon Whack with Connie 10:00 LL Snack time with card games 10:45 AE Making Snow Flakes 1:30 PE Let's Go Deer Hunting 2:00 LL Snack & Chat with all Staff 2:30 LL Done Hunting so Let's have a Beer! Root Beer that is! 3:30 CE Bingo 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Vintage Game Shows</div>	<div>8</div> <div>9:45 PE Group Exercise 10:00 LL Snack time with card games 10:45 SS Poems by Faith 1:30 CE Family Feud 2:00 LL Snack & Chat with all Staff 3:30 CE Scattergories 5:30 Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Night</div>
<div>9</div> <div>9:45 PE Group Exercise 10:00 LL Snack time with card games 10:45 SS Devotion 1:30 SS Chicken Soup for the Soul 2:00 LL Snack & Chat with all Staff 3:00 SS Bible Trivia 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Western Movie Night</div>	<div>Happy Birthday Sandra</div> <div>National Chocolate Day!</div> <div>10</div> <div>9:45 PE Volleyball Whack with Kay 10:00 LL Snack time with card games 10:45 PE Bowling with Kay 1:30 SS Poems by Faith with Kay 3:00 CC Concert by Marc Baskind 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Vintage Game Shows</div>	<div>11</div> <div>9:45 PE Bean Bag Toss with Kay 10:00 LL Snack time with card games 10:45 PE Balloon Whack with Kay 1:30 CE Brain Quest with Kay 2:00 LL Snack & Chat with all Staff 3:30 CE Word in Word game 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Night</div>	<div>National Hot Tea Day!</div> <div>12</div> <div>9:45 PE Balloon Whack with Kay 10:00 LL Snack time with card games 10:45 SS Devotion's with Kay 1:30 LL Tea & Donuts Social 3:30 CE Bingo with Kay 3:45 LL Nail Spa in groups with Connie 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Game Show</div>	<div>13</div> <div>9:45 PE Parachute with Balloons 10:00 LL Snack time with card games 10:45 PE Let's Go Target Practice 1:30 CE Brain Quest 2:00 LL Snack & Chat with all Staff 2:30 PE Snow ball fight 3:30 CE Word in Word game 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Movie Night</div>	<div>14</div> <div>9:45 PE Balloon Whack with Connie 10:00 LL Snack time with card games 10:45 CC Ripley "Believe it or not" 1:30 LL What you you do Scattergories 2:00 LL Snack & Chat with all Staff 3:30 CE Bingo 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Vintage Game Shows</div>	<div>15</div> <div>9:45 PE Group Exercise 10:00 LL Snack time with card games 10:45 SS Poems by Faith 1:30 CE Family Feud 2:00 LL Snack & Chat with all Staff 3:30 CE Scattergories 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Night</div>
<div>16</div> <div>9:45 PE Group Exercise 10:00 LL Snack time with card games 10:45 SS Devotion 1:30 SS Chicken Soup for the Soul 2:00 CC Concert by accordion player Arlene 2:00 LL Snack & Chat with all Staff 3:30 SS Bible Trivia 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Game Show</div>	<div>Martin Luther King, Jr. Day</div> <div>17</div> <div>9:45 PE Volleyball Whack with Kay 10:00 LL Snack time with card games 10:45 CE Martin Luther King, JR work/art sheet. Look back on History. 1:15 Trivia with Kay 2:00 LL Snack & Chat with all Staff 2:15 CC Concert by Tiffany 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Vintage Game Shows</div>	<div>18</div> <div>9:45 PE Bean Bag Toss with Kay 10:00 LL Snack time with card games 10:45 PE Balloon Whack with Kay 1:30 CE Brain Quest with Kay 2:00 LL Snack & Chat with all Staff 3:30 CE Word in Word game 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Night</div>	<div>National Popcorn Day!</div> <div>19</div> <div>9:45 PE Balloon Whack with Kay 10:00 LL Snack time with card games 10:45 SS Devotion's with Kay 1:30 LL Popcorn Social 3:30 CE Bingo with Kay 3:45 LL Nail Spa in groups with Connie 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Western Movie Night</div>	<div>20</div> <div>9:45 PE Parachute with Balloons 10:00 LL Snack time with card games 10:45 CE What would you do Scattergories 1:30 PE Bean Bag Toss 2:00 LL Snack & Chat with all Staff 2:30 PE Snow ball fight 3:00 CC Music by DJ Pat 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Movie Night</div>	<div>21</div> <div>9:45 PE Balloon Whack with Connie 10:00 LL Snack time with card games 10:45 CE Lets Go Target Practice 1:30 CE Darts 2:00 LL Snack & Chat with all Staff 3:30 CE Bingo 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Vintage Game Shows</div>	<div>22</div> <div>9:45 PE Group Exercise 10:00 LL Snack time with card games 10:45 SS Poems by Faith 1:30 CE Family Feud 2:00 LL Snack & Chat with all Staff 2:30 SS Bible Trivia 3:30 CE Scattergories 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Night</div>
<div>Happy Birthday Johnny</div> <div>23</div> <div>9:45 PE Group Exercise 10:00 LL Snack time with card games 1:30 Chicken Soup for the Soul 2:00 LL Snack & Chat with all Staff 3:30 SS Bible Trivia 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Game Show</div>	<div>24</div> <div>9:45 PE Volleyball Whack with Kay 10:00 LL Snack time with card games 10:45 Bowling with Kay 1:30 PE Hangman with Kay 2:00 LL Snack & Chat with all Staff 3:30 CE Bingo with Kay 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Vintage Game Shows</div>	<div>25</div> <div>9:45 PE Bean Bag Toss with Kay 10:00 LL Snack time with card games 10:45 PE Balloon Whack with Kay 1:30 LL Taste & Tell with all Staff 3:30 CE Word in Word game 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Night</div>	<div>26</div> <div>9:45 PE Balloon Whack with Kay 10:00 LL Snack time with card games 10:45 SS Devotion's with Kay 1:30 LL Ice-cream Social 3:30 CE Bingo with Kay 3:45 LL Nail Spa in groups with Connie 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Vintage Game Shows</div>	<div>27</div> <div>9:45 PE Parachute with Balloons 10:00 LL Snack time with card games 10:45 SS Snow ball fight 1:30 CE Riddles in a Jar 2:00 LL Snack & Chat with all Staff 3:00 CC Resident Council Meeting 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Movie Night</div>	<div>28</div> <div>9:45 PE Balloon Whack with Connie 10:00 LL Snack time with card games 10:45 CE Brain Quest 1:30 PE Parachute with Balloons 2:00 LL Snack & Chat with all Staff 3:30 CE Bingo 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 CE Vintage Game Shows</div>	<div>29</div> <div>9:45 PE Group Exercise 10:00 LL Snack time with card games 10:45 SS Poems by Faith 1:30 CE Family Feud 2:00 LL Snack & Chat with all Staff 3:30 CE Scattergories 5:30 PE Wild Walkers 7:00 LL Snack & Chat with all Staff 7:30 LL Comedy Night</div>

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