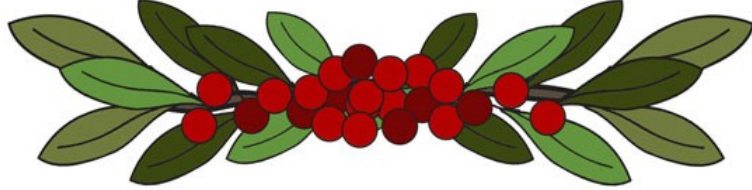

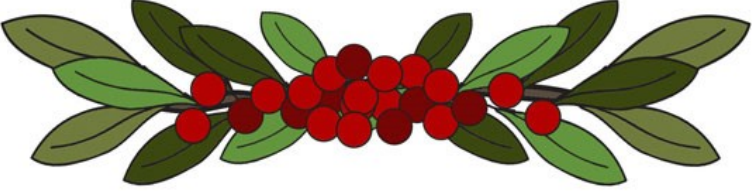


# December 2018

# Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  			<p><b>Location Key:</b></p> <p>L—Lobby                      MR—3rd Floor Meditation Room            C—Conservatory            SR—3rd Floor Sun Room            AR—Activity Room        P—Porch</p> <p><b>**Activities are subject to change—all changes will be posted on the daily activity sheets**</b></p>		<p>1            10:30—Exercise &amp; News—C            2:00—BINGO—C            3:30—Word Games—L</p>	
<p>2            8:30—Bus to St. Andrew’s Catholic Church—L            10:30—Scenic Bus Ride—L            1:30—Tasty Treats—L  <b>3:00—Piano Music with Roma—C</b></p>	<p>3            10:30—Dance Exercise—C            2:00—BINGO—C  <b>3:30—Christmas Dance Recital from Roanoke Catholic School—C</b>            5:30—Brain Games—L</p>	<p>4            10:00—Music with Frank—L            10:30—Exercise &amp; News—C            11:00—Rosary—MR            1:15—Resident Council—AR            2:30—Jockey—L            3:30—Cookie Decorating for National Cookie Day—AR  <b>6:00—Music with the Gospel Singers—C</b></p>	<p>5            9:30—Bible Study with Pastor Al—C            11:00—Catholic Mass—C            1:30—Valley Store—AR            2:00—Chair Yoga—C            3:00—Walt Disney Happy Hour—L            6:30—Come and Worship—C</p>	<p>6            10:00—Exercise &amp; News—C            1:15—Nail Polishing—AR            2:00—Shopping Outing to WalMart—L            3:00—Name that Tune—L            6:00—Trivia—L</p>	<p>7            10:30—Dancercise!—L            2:00—BINGO—C            3:30—Snacks and Brain Games—L            6:00—Brain Games—L  <b>7:00—Christmas Recital from Floyd Ward School of Dance—C</b></p>	<p>8            10:30—Exercise &amp; News—C            2:00—BINGO—C  <b>3:00—Christmas Caroling with Elaine—L</b></p>
<p>9            8:30—Bus to St. Andrew’s Catholic Church—L            10:30—Christmas Carols with Second Presbyterian Sunday School—L            10:30—Scenic Bus Ride—L            1:30—Tasty Treats—L            2:30—Brain Games—L  <b>3:00—Church Service—C</b></p>	<p>10            10:30—Dance Exercise—C            2:00—Jeopardy—L            3:30—Jockey—L            5:30—Brain Games—L  <b>7:00—Music with John Grisetti—L</b></p>	<p>11            10:00—Exercise &amp; News—C            11:00—Rosary—MR            2:00—BINGO—C  <b>3:00—Master Gardener—AR</b>  <b>6:00—Library Time with Carol—Library</b></p>	<p>12            9:30—Bible Study with Pastor Al—C            11:00—Catholic Mass—C            1:30—Valley Store—AR            2:00—Chair Yoga—C            3:30—Cinnamon Stick Santa Claus Craft—AR  <b>5:30—Outing to the Holiday Light Tour—L</b>            6:30—Come and Worship—C</p>	<p>13            10:00—Exercise &amp; News—C            1:15—Nail Polishing—AR            2:00—Shopping Outing to —L  <b>2:30—Music with Stone Coal Gap—L</b>  <b>6:30—Emmaus Bible Study—C</b></p>	<p>14            10:30—Dancercise!—L  <b>11:00—Outing to Fashions of Evergreens at Hotel Roanoke—L</b>            2:00—BINGO—C            3:30—Snacks and Brain Games—L            6:00—Friday Night Movie and Popcorn—L</p>	<p>15            10:30—Exercise &amp; News—C            2:00—BINGO—C            3:30—Word Games—L</p>
<p>16            8:30—Bus to St. Andrew’s Catholic Church—L            10:30—Scenic Bus Ride—L            1:30—Tasty Treats—L            2:30—Brain Games—L            3:30—Name that Tune—L</p>	<p>17            10:30—Dance Exercise—C            2:00—BINGO—L            3:30—Jockey—L            5:30—Brain Games—L</p>	<p>18            10:00—Exercise &amp; News—C            11:00—Rosary—MR  <b>1:15—Food Committee Meeting—AR</b>  <b>2:30—Music with the Bonsack Sr. Adult Choir—L</b>            3:30—Arts and Crafts—AR  <b>6:00—Music with the Sagewood Band—L</b></p>	<p>19            9:30—Bible Study with Pastor Al—C            11:00—Catholic Mass—C            1:30—Valley Store—AR            2:00—Chair Yoga—C  <b>3:30—Music with the Southern Gentlemen—L</b>            6:30—Come and Worship—C</p>	<p>20            10:00—Exercise &amp; News—C            1:15—Nail Polishing—AR            2:00—Shopping Outing to Big Lots—L  <b>2:30—Music with the Friendship Singers—L</b>  <b>4:30—Dinner at the Home Place Restaurant—L</b>            6:00—Trivia—L</p>	<p>21  <b>10:00—Christmas Service—C</b>            11:00—Dancercise!—L            2:00—BINGO—C            3:30—Snacks and Brain Games—L  <b>6:30—Christmas Party!—C</b></p>	<p>22            10:30—Exercise &amp; News—C            2:00—BINGO—C            3:30—Word Games—L</p>
<p>23            8:30—Bus to St. Andrew’s Catholic Church—L            10:30—Scenic Bus Ride—L            1:30—Tasty Treats—L            2:30—Brain Games—L  <b>3:00—Church Service—C</b></p>	<p>24            10:30—Dance Exercise—C            2:00—Reminiscing—L            3:30—Jockey—L            5:30—Crossword Puzzles—L</p>	<p>25            10:30—Exercise &amp; News—L            1:30—Christmas Treats—L            3:00—Christmas Movie—L</p> <p style="text-align: center;"><b>Christmas Day</b></p>	<p>26            9:30—Bible Study with Pastor Al—C            11:00—Catholic Mass—C            1:30—Valley Store—AR            2:00—Chair Yoga—C            3:00—Candy Cane Bark for National Candy Cane Day—AR            6:30—December Birthday Party!—C</p>	<p>27            10:00—Exercise &amp; News—C            1:15—Nail Polishing—AR            2:00—Shopping Outing to WalMart—L  <b>2:30—Music with Stone Coal Gap—L</b>  <b>6:30—Emmaus Bible Study—C</b></p>	<p>28            10:30—Dancercise!—L            2:00—BINGO—C            3:30—Snacks and Brain Games—L            6:00—Friday Night Movie and Popcorn—L</p>	<p>29            10:30—Exercise &amp; News—C            2:00—BINGO—C            3:30—Word Games—L</p>
<p>30            8:30—Bus to St. Andrew’s Catholic Church—L            10:30—Scenic Bus Ride—L            1:30—Tasty Treats—L            2:30—Brain Games—L            3:30—Name that Tune—L</p>	<p>31            10:30—Dance Exercise—C            2:00—BINGO—L            3:30—New Year’s Memories and Resolutions—L            5:30—Brain Games—L</p>	