



	Mon	Tue	Wed	Thu	Fri	Sat
<p>PLEASE RETURN YOUR RESERVATION SHEET AT YOUR EARLIEST CONVENIENCE</p>	<p>* PLEASE CALL 777-4612 OR 265-2255 TO MAKE CHANGES TO YOUR RESERVATION SHEET THROUGHOUT THE MONTH.</p>	<p>THIS INCLUDES CANCELLING AN ACTIVITY YOU SIGNED UP FOR, OR BEING ADDED TO AN ACTIVITY YOU PREVIOUSLY WEREN'T PLANNING ON ATTENDING.</p>	<p>C=Chapel CR=Community Room</p>	<p>CF=Club Friendship RC= Residents Center L=Library</p>		
<p>Club Friendship Every Friday, Club Friendship will be closed from 3:00- 4:00 to prepare for the Friday Night Dinners.</p>	<p>Blood Pressure There will be a nurse to check blood pressure in the Residents' Center from 9:00 AM- 10:00 AM on February 7th</p>			<p>GO RED!!! February is American Heart Month and February 7th is National Wear Red Day. Show your support by wearing RED</p>	<p>JUST A REMINDER CLUB FRIENDSHIP WILL CLOSE FOR LUNCH & RE-OPEN FOR DINNER AT 4 PM ON FEBRUARY 7TH.</p>	1
<p>2 . 10 AM BUS TO NORTHVIEW UNITED METHODIST, SUMMERDEAN CHURCH, NORTHMINSTER PRESBYTERIAN, AND SHENANDOAH BAPTIST</p> <p>6:00- 10:00 PM SUPER BOWL PARTY IN CLUB FRIENDSHIP (CF, \$10 per person)</p> 	<p>3</p> <p>8:30 AM BUS WALK THE MALL</p> <p>1:30 PM DO US A FAVOR (CR, 1:00 BUS)</p>	<p>4</p> <p>1 PM YARN CIRCLE (LIBRARY, NO BUS)</p> <p>2 PM RESOLUTION UPDATE WITH CHELSEA (CR, 1:30 BUS)</p> <p>3-5 PM BILLIARDS (NO BUS)</p>	<p>5</p> <p>1 PM SPEAKER: BE KIND TO BEES (C, 12:30 BUS)</p> <p>Be sure to make your Friday Night Dinner Reservation</p>	<p>6</p> <p>1 PM TRIAD: WESTERN VA DEPARTMENT OF FORENSIC SCIENCE LAB (C, 12:30 BUS)</p> <p>3:00-4:00 PM RESIDENT TOWN HALL MEETING (C, 2:30 BUS)</p> <p>3-5 PM BILLIARDS (NO BUS)</p>	<p>7</p> <p style="text-align: center;">GO RED!!!</p> <p>9 AM RESIDENT BREAKFAST (CF, 8:30 BUS) {DOORS OPEN AT 8:30}</p> <p>1:30 PM MOVIE: CAST AWAY (C, 1:00 BUS)</p> <p>2 PM SCRABBLE (CF, NO BUS)</p> <p>6 PM CORNHOLE (CR, NO BUS)</p> <p>Friday Night Dinner: Reservation Only in CF</p>	<p>8</p> <p>8 AM BUS TO NORTHVIEW UNITED METHODIST CHURCH FOR BREAKFAST (\$)</p>
<p>9</p> <p>10 AM BUS TO NORTHVIEW UNITED METHODIST, SUMMERDEAN CHURCH, NORTHMINSTER PRESBYTERIAN, AND SHENANDOAH BAPTIST</p> <p>3 PM GOSPEL FELLOWSHIP TEMPLE (C, 2:30 BUS)</p>	<p>10</p> <p>8:30 AM BUS WALK THE MALL</p> <p>11:15 AM TAI CHI (CR)</p> <p>3 PM BINGO (CR, 2:30 BUS)</p>	<p>11</p> <p>9 AM BELTONE HEARING (C, NO BUS)</p> <p>11:00 BUS LADIES LUNCH @ OLIVE GARDEN</p> <p>2:00 PM HOCKEY 101 (CR, 1:30 BUS)</p> <p>3-5 PM BILLIARDS (NO BUS)</p> <p>7 PM CIVIL WAR ROUND TABLE (C, NO BUS)</p>	<p>12</p> <p>1:30 PM SPEAKER: PHOTOGRAPHER, DAVID PEARCE, <i>The Silk Road</i> (C, 1:00 BUS)</p> <p>Be sure to make your Friday Night Dinner Reservation</p>	<p>13</p> <p>1:00 BOOK BUZZ (CR, 12:30 BUS)</p> <p>2 PM FRIENDSHIP SINGERS (C, LET US KNOW IF YOU NEED A RIDE)</p> <p>2 PM FARKLE (CR)</p> <p>3-5 PM BILLIARDS (NO BUS)</p>	<p>14</p> <p>1:30 PM MOVIE: FAILURE TO LAUNCH (C, 1:00 BUS)</p> <p>2 PM SCRABBLE (CF, NO BUS)</p> <p>6 PM CORNHOLE (CR, NO BUS)</p> <p>Friday Night Dinner: Reservation Only in CF</p> <p>Happy Valentine's Day Special Menu in Club Friendship!</p>	<p>15</p> <p>**CANCELLED**</p> <p>1:00-2:30 LOVE LUAU PARTY WITH BAHAMA MAMAS STEEL DRUM BAND (CF, 12:30 BUS)</p> <p>**CANCELLED**</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>16</p> <p>10 AM BUS TO NORTHVIEW UNITED METHODIST, SUMMERDEAN CHURCH, NORTHMINSTER PRESBYTERIAN, AND SHENANDOAH BAPTIST</p>	<p>17</p> <p>8:30 AM BUS WALK THE MALL</p> <p>11:15 AM TAI CHI (CR)</p> <p>1:30 PM DO US A FAVOR (CR, 1:00 BUS)</p>	<p>18</p> <p>1 PM YARN CIRCLE (L, NO BUS)</p> <p>2 PM SPEAKER: PROFESSOR, DENISE SCRUGGS, <i>Communicating Effectively with Individuals Diagnosed with Dementia (C, 1:30 BUS)</i></p> <p>3-5 PM BILLIARDS (NO BUS)</p> <p>7 PM WW2 ROUNDTABLE (C)</p>	<p>19</p> <p>9 AM VETERAN'S BREAKFAST (CF, 8:30 BUS)</p> <p>1 PM SPEAKER: HEALING STRIDES (C, 12:30 BUS)</p> <p><i>Be sure to make your Friday Night Dinner Reservation</i></p>	<p>20</p> <p>2:00 PM HEALTHY GROCERY STORE TOUR WITH CHELSEA (1:30 BUS)</p> <p>2 PM FARKLE (CR)</p> <p>3-5 PM BILLIARDS (NO BUS)</p>	<p>21</p> <p>1:30 PM MOVIE: NIGHT AT THE MUSEUM (C, 1:00 BUS)</p> <p>2 PM SCRABBLE (CF, NO BUS)</p> <p>6 PM CORNHOLE (CR, NO BUS)</p> <p>PANCAKE FEAST PAYMENT DEADLINE: \$8.00</p> <p><i>Friday Night Dinner: Reservation Only in CF</i></p>	22
<p>23</p> <p>10 AM BUS TO NORTHVIEW UNITED METHODIST, SUMMERDEAN CHURCH, NORTHMINSTER PRESBYTERIAN, AND SHENANDOAH BAPTIST</p>	<p>24</p> <p>8:30 AM BUS WALK THE MALL</p> <p>11:15 AM TAI CHI (CR)</p> <p>3 PM BINGO (CR, 2:30 BUS)</p>	<p>25</p> <p>5 PM MARDI GRAS PANCAKE FEAST WITH JAZZ MUSIC BY SECOND CHANCE DUO (CF, 4:30 BUS)</p>	<p>26</p> <p>10:30 SPEAKER: AMERICAN HEART ASSOCIATION, <i>Come learn about heart health from Cat Hammer, Dietetic Intern (C, 10:00 BUS)</i></p> <p>1:00 ROANOKE COLLEGE RESEARCH STUDY (C, 12:30 BUS) SEE YOUR FRIENDLY CIRCLE FOR MORE DETAILS</p> <p><i>Be sure to make your Friday Night Dinner Reservation</i></p>	<p>27</p> <p>2 PM FRIENDSHIP SINGERS (C, LET US KNOW IF YOU NEED A RIDE)</p> <p>2 PM FARKLE (CR)</p> <p>3-5 PM BILLIARDS (NO BUS)</p>	<p>28</p> <p><i>Deadline to pay for Silver Sluggers tickets</i></p> <p>2 PM SPEAKER: AARP: 5 PILLARS OF BRAIN HEALTH (C, 1:30)</p> <p>2 PM SCRABBLE (CF, NO BUS)</p> <p>6 PM CORNHOLE (CR, NO BUS)</p> <p><i>Friday Night Dinner: Reservation Only in CF</i></p>	29

Friday Night Dinners Menu

Call 265-2056 for Reservations

Reservations are required, including all deliveries, **no later than 5:00 each Wednesday.**

All meals include tea, lemonade, coffee, & water. Additional drinks are available for purchase.

FEB 7: BEEF STEW WITH ROLLS AND DESSERT \$10.00 + Tax

FEB 14: FONDUE FOR TWO (OR JUST YOU) A FUN FONDUE DINNER AND DESSERT WITH FONDUE STATION AND FUN YOU'LL LOVE \$15.00 + Tax

FEB 21: LEMON PEPPER PORK CHOPS WITH CARROTS AND GREEN BEANS \$12.00 + Tax

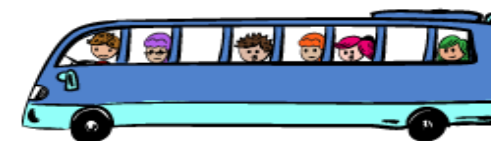
FEB 28: CHICKEN AND SHRIMP STIR FRY WITH LO MEIN NOODLES \$10.00 + Tax



SHROVE TUESDAY

Friendship will be hosting a Mardi Gras Party on Tuesday, February 25th. Jazz music by Second Chance Duo will be provided. Residents may participate in the Pancake Feast from Club Friendship for \$8.00 + Tax. A new king and queen will be appointed!

NEW SHOPPING BUS SCHEDULE 9:00 AM PICKUP

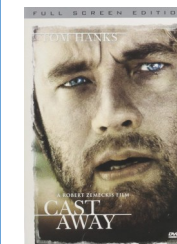


MONDAY
VALLEY VIEW MALL AREA

WEDNESDAY
PLANTATION ROAD AREA

FRIDAY
460 WALMART & 460 KROGER (BONSACK)

Friday Afternoon Movies



Cast Away
PG-13
Drama
Tom Hanks



Night at the Museum
PG
Comedy
Ben Stiller



Failure to Launch
PG-13
Romance
Matthew McConaughey
Sarah Jessica Parker