


November 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
KEY: BR — Boardroom NS — Nurses Station O —Outing 1:1 —Resident Room L —Lobby	KEY: 1-Wing 1 Dayroom 2-Wing 2 Dayroom A-Dining Room A B- Dining Room B	KEY: 3-Wing 3 Dayroom 4-Wing 4 Dayroom CYA —Courtyard A CYB —Courtyard B			Recreation Leaders: Melissa Fisher Cheyenne Bower Gleneasha Boyer Director: Lauren Norman 540- 777-8475 lnorman@friendship.us	
Sunday Service Broadcasts: 11:00 Ch. 10 First Baptist Roanoke Broadcast (1&3) Thomas Road Baptist Church Broadcast 7:30am FOX Ch. 8 (1&3) 11:00 WSET Ch. 13 (1&3)		1 8:30 One on Ones (1:1) Calendar Distribution (All wings) 10:00 Music & Movement with Louann (A) 11:30 Lasagna Luncheon (B)	2 <i>National Stress Awareness Day</i> 8:30 One on Ones (1:1) 10:00 Spa Day (A) 2:00 Bingo (A)	3 8:30 One on Ones (1:1) 10:00 Uno Cards (A) 2:00 Bible Study with Rob (A)	4 8:30 One on Ones (1:1) 10:30 Six Feet Apart band (1:1) 2:00 Bananagrams (A)	5 10:30 Movin' and Groovin' with Cheyenne (A) 2:00 Bingo with Cheyenne (A)
6 10:00 Shrinky Dinks (A) 1:00 Football Sunday (1:1) 2:00 Service led by Resident Volunteer (A)	7 8:30 One on Ones (1:1) 10:00 Devotional and Cello Music (A) 2:00 Bingo (A) 8:15 Ravens vs Saints (ESPN) (1:1)	8 Election Day 8:30 One on Ones (1:1) 10:00 Music & Movement with Louann (A) 2:00 Cooking Club (B)	9 8:30 One on Ones (1:1) 10:00 Gratitude Chain Craft (A) 12:00 Chili Bean Luncheon (B)	10 8:30 One on Ones (1:1) 10:30 Bible Study with Marvin (A) 1:30 Scenic Ride (O) [must sign up by [11/8] 7:00 Wheel of Fortune Ch 7	11 Veteran's Day 8:30 One on Ones (1:1) 10:00 Card Making for Veterans (A) 2:00 Dog Visits with Sassy and Louann (1:1) (Wings 3 & 4)	12 10:00 Dance Party Social (A) 2:00 Bingo with Gleneasha (A)
13 8:30 One on Ones (1:1) 10:00 Manicures (1:1) (Wings 1 & 2) 1:00 Football Sunday (1:1) 2:00 Covenant Church (A)	14 8:30 One on Ones (1:1) 10:00 Biscuits with Apple Butter (A) 2:00 Music with 40 Years After Band (B) 8:15 Commanders vs Eagles (ESPN) (1:1)	15 8:30 One on Ones (1:1) 10:00 Music & Movement with Louann (A) 10:30 Lunch Outing & Ride (O) [must sign up by [11/11]	16 8:30 One on Ones (1:1) 10:00 Nerf Gun Turkey Hunt (A) 2:00 Bingo (A)	17 8:30 One on Ones (1:1) 10:30 Resident Council (Boardroom) 2:00 Bible Study with Rob (A) 5:30 Andy Griffith on TV Ch. 7 (1&3)	18 8:30 One on Ones (1:1) 10:00 Thanksgiving Feast Scavenger Hunt (A) 2:00 Adult Coloring (A)	19 10:30 Thanksgiving Scategories (A) 2:00 Bingo with Cheyenne (A)
20 11:00 Thankful Cart (1:1) 1:00 Football Sunday (1:1) 2:00 Service led by Resident Volunteer (A) 3:00 Bluegrass with Paul Kidd & Friends (A)	21 <i>National Odd Socks Day—Wear odd socks!</i> 8:30 One on Ones (1:1) 10:00 Devotional and Cello Music (A) 2:00 Friendsgiving Social (A) 8:15 49ers vs Cardinals (ESPN) (1:1)	22 8:30 One on Ones (1:1) 10:00 Music & Movement with Louann (A) 10:00 Walmart Trip & Ride (O) [must sign up by [11/18]	23 8:30 One on Ones (1:1) 10:00 Art with Noelle (A) 2:00 Bingo (A)	24 Thanksgiving 9:00 Macy's Thanksgiving Day Parade (NBC) 9:30 One on Ones (1:1) 12:00 Dog Show (NBC)	25 8:30 One on Ones (1:1) 10:00 Thanksgiving Mad Libs (A) 2:00 Dog Visits with Sassy and Louann (1:1) (Wings 1 & 2)	26 10:00 Hot Chocolate Social (A) 2:00 Bingo with Gleneasha (A)
27 10:00 Manicures (1:1) (Wings 3& 4) 1:00 Football Sunday (1:1) 2:00 Service led by Resident Volunteer (A)	28 8:30 One on Ones (1:1) 10:00 10:00 Movie & Popcorn (A) 2:00 Bingo (A) 8:15 Steelers vs Colts (ESPN) (1:1)	29 8:30 One on Ones (1:1) 10:00 Music & Movement with Louann (A) 11:00 Dollar Tree Shopping (O) [must sign up by [11/25] 3:00 Library Station (A)	30 8:30 One on Ones (1:1) 10:00 Football Toss (A) *Visits with Santa (1:1) (Time TBD) 2:00 Nov Birthday Party & Music with Renee (A)		Contact Activities staff with Activity suggestions for future months at any time! Contact Lauren with Volunteer interests!	Puzzles, Books and Games are available in Dayroom 4 at all times. Activities will last 30-60 minutes unless otherwise noted. Activities are subject to change Posted on each wing's display calendar. for any changes.