

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  ACTIVITIES OFFICE CLOSED  HAPPY NEW YEAR  BINGO 12noon in CFship 2pm Senior Trivia CF <u>Played in Teams, join us!</u> | 10am Coffee's on Me CF 12:30pm pk ups begin for Bus to Hamrick's <i>by reservation only</i> 1pm/2:30pm Fiber/Farkle in Library | 11am pickups begin for Lunch Bus to The Great 611 Steakhouse <i>by reservation only</i> 3pm Games Galore CF | 11am Bible Study with Sarah Stephens in CF 1pm TRIAD CH <u>Sheila Lythgoe</u> Blue Ridge Behavioral Healthcare | 9am//10am Shopping Bus <u>Hollins Food Lion & WMart</u> 1-3pm Open Art Studio & Makers Market in CF come color, paint, use any art supplies & resident makers will sign up & have wares for sale!! |
| 8  BINGO 12noon in CFship 2pm Senior Trivia CF <u>Played in Teams, join us!</u> | 9 12noon Buffet Lunch CF for Nat'l Spaghetti Month! Bring a dessert to share if you wish <i>by reservation only</i> 7pm Civil War Roundtable CH | 10 1pm pickups begin for Bus to Blue Cow Ice Cream <i>by reservation only</i> 3pm Games Galore CF | 11 2pm FAR Meeting CH Friendship Association of Residents with scheduled speaker | 12 9am/10am Shopping Bus <u>Hollins Kroger</u> 1pm Bag Brigade CF to benefit The Rescue Mission |
| 15  BINGO 12noon in CFship 2pm Movie Monday CF <u>The Bucket List (2007)</u> with Morgan Freeman & Jack Nicholson (1hr & 40mins) | 16 10am Coffee's on Me CF 12:30pm pk ups begin for Bus to Bonsack Walmart <i>by reservation only</i> 1pm/2:30pm Fiber/Farkle in Lby 7pm WWII Roundtable CH | 17 <u>Beltone in Chapel</u> <i>by reservation only</i> 11am pk ups begin for Lunch Bus to The Great 611 Steakhouse <i>by reservation only</i> 3pm Games Galore CF | 18 12noon Veterans Box Lunch CF <i>by reservation only</i> 2pm Piano Sing A Long in CH <u>by Tom Adams</u> 3:30pm Happy Hour CF Snax & Sips with friends | 19 9am//10am Shopping Bus <u>Hollins Food Lion & WMart</u> 10am pk ups begin for Bus to LOA for Lunch & Learn on Winter Storm Preparedness <i>by reservation only</i> |
| 22  BINGO 12noon in CFship 2pm Craft with Cheryl CF making a Valentine Gnome <i>by reservation only</i> | 23 1pm pk ups begin for Volunteer Bus to RMission <i>by reservation only</i> 2pm Catholic Holy Communion Service in CH | 24 11am pickups begin for Lunch Bus to The Great 611 Steakhouse <i>by reservation only</i> 3pm Games Galore CF 3-4pm LEAP Mobile Market Bistro Side Parking Lot | 25 11am Bible Study with Sarah Stephens in CF 1pm Armchair Travel CF to beautiful Scandinavia & sample international snacks | 26 9am//10am Shopping Bus <u>Crossroads Kroger</u> 1pm Charades in CF <u>Played in Teams,</u> come participate or come watch the fun! |
| 29  Celebrity BINGO 12noon in CFship 2:30 Cooking Demo CF <u>Healthy Resolutions!</u> <i>by reservation only</i> | 30 11am Pastor Talk in CH w/ Russ Merritt of <u>Northminster Presbyterian Church</u> | 31 11am pickups begin for Lunch Bus to Rosie's Gaming Emporium <i>by reservation only</i> 3pm Games Galore CF |  | |

Buses circle campus 30 mins before ea ON CAMPUS activity to pick you up. Call Church Bus at 540.655.2026 by 4pm on Friday. Service in Rez Ctr Chapel 11am 1/14 with Chaplain Gary

Flip over for more info & descriptions

- Call when you receive your calendar at **(540.777.4612)** & leave one message with all the things you wish to participate in that require a sign up. Only those **highlighted in yellow** need a reservation. Transport is available as buses circle campus 30 mins prior to each on campus activity. Off campus bus trip pick up times are listed on the calendar. Call if you're unsure about pick up locations.
- **CANCEL "reserved" activities at the number above.** Please allow those on the waiting list the chance to go if you are not able to attend. Prompt cancellation allows us time to call those on list. Abbreviations for activity locations: All in the single story building labeled **Residents Center**
CH = Chapel 1st hallway on right after entering **CF** = Club Friendship to left after entering front door
Lby = Library where fireplace is along with puzzle tables, etc.
CRoom = Community Room (from entrance take hallway to right past hair salon)
- **Armchair Travel** – monthly travel videos and snacks from a different country each month.
- **Bag Brigade** – Monthly we will decorate lunch bags for the Rescue Mission to use for their clients.
- **Bible Study** – Sarah Stephens hosts a twice monthly bible study in CFship – all are welcome!
- **Bingo** – played most Mondays (see calendar). Bring \$1 for winner's pot. Prizes for winners!
- **Buffet Luncheon** – complimentary monthly meal by reservation only, bring a dessert to share.
- **Chaplain Gary Kingery** will do a Sunday service for us the 2nd Sunday of ea month in RCtr Chapel
- **Civil War & WWII Roundtables** – monthly & open to all in the evenings (see calendar)
- **Coffee's on Me** – a twice monthly gathering of neighbors in Club Friendship to sip & talk.
- **Craft with Cheryl** – Each month make seasonal crafts. Supplies provided, advance sign up needed.
- **Communion** – a monthly service provided by St. Andrews Catholic Church in Residents Ctr Chapel.
- **FAR Meetings** – Friendship Association of Residents meets quarterly to discuss resident matters.
- **Farkle Dice** – a twice monthly dice game to enjoy with neighbors. Come watch, learn & participate!
- **Fiber Friends** – a twice monthly needlework group to enjoy, learn and see each other's projects
- **Friendship Singers** – practice twice monthly. Now preparing December music, come participate!
- **Games Galore** – a new addition at resident's request to play board & card games in CF each Wed.
- **Happy Hour** – Held monthly with lite snax, beer, wine & cider provided. Live music (see calendar)
- **Lunch & Learn (Bus to LOA)** – each 3rd Friday to LOA Offices for lunch & speaker on senior matters
- **Mobile Farmers Market** – restarts in January '24 on ea 4th Wednesday from 3-4pm (see calendar)
- **Pastor Talk** – local pastors provide a monthly spiritual message for residents in our chapel.
- **Professionally Speaking** – held quarterly, a gathering where a resident tells us about their employment adventures and how they came to be with us here at Friendship.
- **Senior Trivia** – held monthly, we play in teams to answer questions and test our memories. Prizes!
- **Shopping bus** – the first & third Tuesday of each month a shopping bus alternates destination. See calendar for those. Seating is limited so save your large grocery run for Friday morning buses.
- **Shopping bus** – each Friday Friendship buses circle campus for riders that want to do grocery shopping at the store listed for that day. Buses pick up those in the Wellington, North Hampton and Regency buildings at **9am** and those in West Wood & Villages at **10am**. No sign up is required
- **Speakers** – various topics, info on calendar, call activities office or check newsletter for more info!
- **Spelling Bee** – held quarterly, we play in teams for prizes and to test our spelling skills.
- **Timeless Treasures** – held quarterly, bring treasures and share their story.
- **Triad Safety Meetings** – each 1st Thursday, Rke Co Sheriff's Dept provides speakers on senior safety
- **Veterans Box Lunch** – monthly (see calendar), if you have not attended before, call (540.777.4612)
- **Volunteer Bus** – monthly visit to Rescue Mission, clothes sorting & kitchen work

NEW IN JANUARY -- 1/5 Open Art Studio & Makers Market (come enjoy art supplies, color, paint, etc.) and purchase craft items created by residents. 1/11 Quarterly mtg of Fship Assn of Residents. 1/22 Sign up to create at Valentine Gnome with Cheryl. 1/25 We'll travel to Scandinavia ((again)). 1/26 Come to Club Fship for a game of Charades played in teams! 1/29 A cooking demo by reservation by our Bistro Chefs! Three chances for lunch at 611 Steakhouse.