

















January 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Recreation Leaders: Cheyenne Bower Maggie Forbes Director: Melissa Fisher 540- 777-8475 mfisher@friendship.us	KEY: 1:1—Resident Room NS—Nurses Station O—Outings A—Dining Room A B—Dining Room B	CYA—Courtyard A CYB—Courtyard B				
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 New Year's Day 8:30 One on Ones (1:1) 10:00 Calendar Distribution (All wings) (1:1) 2:00 Nail Painting (Sign up with Cheyenne) (A)	2 10:30 Dollar Tree Shopping (O) [must sign up by 12/29]  2:00 Movie Matinee (A)	3 8:30 One on Ones (1:1) 10:00 Reindeer Hunting (A) 2:00 Bingo (A) 	4 National Trivia Day 8:30 One on Ones (1:1) 10:00 Trivia and Treats (A) 2:00 Balloon Volleyball (A)	5 National Bird Day 8:30 One on Ones (1:1) 10:00 Visits with Chaplain Gary (1:1) 10:00 Build a Snowman Craft (A) 2:00 Natural Bird Feeders (A)	6 10:00 Puzzle Packs (NS) 2:00 Bingo with Maggie (A) 
7 10:00 Self-Directed Adult Coloring 2:00 Winter Hat Craft with Maggie (A)	8 8:30 One on Ones (1:1) 11:00 Group Session with Renee (BR) 2:00 Winter Family Feud (A)	9 10:30 Walmart Shopping (O) [must sign up by 1/5]  2:00 Self-Directed Games (A)	10 Houseplant Appreciation Day 8:30 One on Ones (1:1) 10:00 Fun with Plants (A) 2:00 Bingo (A) 	11 8:30 One on Ones (1:1) 11:00 Resident Council (BR) 2:00 Bible Study with Marvin (A)	12 8:30 One on Ones (1:1) 10:00 Visits with Chaplain Gary (1:1) 11:00 Making Dog Treats (A) 2:00 Movie and Popcorn (A)	13 11:00 Salt Dough Snowflakes (A) 2:00 Bingo with Cheyenne (A)
14 10:00 "Right in Front of Me"- Hallmark Ch. 72 2:00 Covenant Church (A)	15 MLK Jr. Day 8:30 One on Ones (1:1) 10:00 Martin Luther King Jr. remembrance (A) 2:00 Nail Painting (Sign up with Cheyenne) (A)	16 10:30 Vinton Bowling Center (O) [must sign up by 1/12]  2:00 Movie Matinee (A)	17 8:30 One on Ones (1:1) 10:00 Paper Snowflakes/ Coffee and Doughnut Social (A) 2:00 Bingo (A) 	18 8:30 One on Ones (1:1) 11:00 6 Ft Apart (All wings) 2:00 Cooking Club (B)	19 National Popcorn Day 8:30 One on Ones (1:1) 10:00 Visits with Chaplain Gary (1:1) 2:00 Singing with Renee and Popcorn Social (A)	20 National Coffee Break Day 11:00 Coffee & Danishes (A) 2:00 Bingo with Maggie (A) 
21 10:00 Puzzle Packs (NS) 3:00 Paul Kidd & Friends (A)	22 8:30 One on Ones (1:1) 10:00 Balloon Volleyball (A) 2:00 40 Years After Band (B)	23 9:00 Lunch Outing to Red Lobster in Christiansburg (O) [must sign up by 1/19]  2:00 Movie Matinee (A)	24 National Peanut Butter Day 8:30 One on Ones (1:1) 10:00 All Things Peanut Butter Social (A) 2:00 Bingo (A) 	25 8:30 One on Ones (1:1) 10:00 Snowman Shooting and Sno'Cone Social (A) 2:00 Bible Study with Marvin (A)	26 8:30 One on Ones (1:1) 10:00 Visits with Chaplain Gary (1:1) 11:00 UNO (A) 2:00 January Birthday Party (A)	27 10:00 Adult Coloring (A) 2:00 Bingo with Cheyenne (A) 
28 10:00 One on Ones (1:1) 2:00 Covenant Church (A)	29 National Puzzle Day 8:30 One on Ones (1:1) 10:00 Make your own Puzzle Craft (A) 11:00 Group Puzzle (A) 2:00 Nail Painting (Sign up with Cheyenne) (A)	30 10:30 JoAnn Fabrics Shopping (O) [must sign up by 1/26]  2:00 S	31 National Hot Chocolate Day 8:30 One on Ones (1:1) 10:00 Hot Chocolate Social (A) 2:00 Bingo (A) 	Please contact our Activities staff with any suggestions or volunteer interests.	Puzzles, Books and games are available in our Dayrooms at all times. Activities will last 30-60 minutes unless otherwise noted. Activities are subject to change and any changes will be posted by the Activity calendar on the bulletin board for each wing	