Monday Tuesday Wednesday Thursday Friday



March 2024

CIIVIIES (See over for more info)



9am//10am Shopping Bus Hollins Food Lion & WMart

10am-12noon Color Me Calm CF Adult Coloring, supplies provided 10am Set Up Craft Sales Tables CF

10:30-3 Craft Sale CF

Sellers call ahead to reserve table

9am/10am Shopping Bus Hollins Kroger

10am-12noon Color Me Calm CF

1pm Joyce Bolender CH Author's Talk on "It's time to tell my story" A child's escape from Cambodia's Pol Pot regime

9am//10am Shopping Bus Hollins Food Lion & WMart

10am-12noon Color Me Calm CF

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10am pk ups begin for Bus to LOA for Lunch & Learn on Falls & Balance by reservation only

2:30pm Music Program CH by Tom our "Singing Bus Driver!"

9am//10am Shopping Bus 22 Crossroads Kroger

10am-12noon Color Me Calm CF

2pm Mill Mtn Theatre **Student Showcase**

featuring a musical program by the Conservatory Students!

9am//10am Shopping Bus 29 Hollins Food Lion & WMart

10am-12noon Color Me Calm

1:30pm Chaplain Gary's Good Friday/Easter Program In Chapel

12noon Garden Planning Meeting in CF

> **ACTIVITIES OFFICE CLOSED**

12noon in CFship

2pm Senior Trivia CF Played in teams, come join!



12noon in CFship

2pm Jamie Breckenridge CH NP of Neurology at Lewis Gale speaks on Dementia



2pm Craft with Cheryl CF "dressing an Easter Bunny" 10am Coffee's on Me CF 5

12:30pm pk ups begin for Bus to Hamrick's by reservation only

1pm/2:30pm Fiber/Farkle in Library

12noon Buffet Lunch CF 12 featuring **Spaghetti!** Bring a dessert to share if you wish!

1:30pm Ranger Jett SMLake State Park speaks What Bird am I? CH

7pm Civil War Roundtable CH 10am Coffee's on Me CF 19

12:30pm pk ups begin for Bus to Bonsack Walmart by reservation only

1pm/2:30pm Fiber/Farkle in Lby

7pm WWII Roundtable CH

1pm pk ups begin for Come TOUR your local **Rescue Mission** by reservation only

2pm Catholic Holy Communion Service in CH

11am pickups begin for **Lunch Bus to Jersey Lilly's** by reservation only

3pm Games Galore CF

'Senior Moment" w/Wm Shatner 1hr & 32mins run time

Bus to Sugar Magnolia for Ice Cream reservation only

> Beltone in Chapel by reservation only

11am pk ups begin for **Lunch Bus to Jersey Lilly's**

Mill Mountain Theatre's **Margaritaville** by reservation only

Bistro Side Parking Lot

participate 21

12noon Veterans Box Lunch CF by reservation only

Snax & Sips with friends

11am Bible Study with 28

to beautiful FRANCE! sample international snacks

Sunday Service w/Chaplain Gary on 3/17 at 11am in Residents Ctr Chapel

by reservation only

by reservation only

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3-4pm **LEAP Mobile Market**

25 12noon in CFship

Buses circle campus 30 mins before each ON CAMPUS activity to pick you up. Call Church Bus at 540.655.2026 by 4pm on Friday

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10:30am Morning Movie CF 13

1pm pickups begin for

3pm Games Galore CF

by reservation only

3pm Games Galore CF

1pm pk ups begin for

3pm Games Galore CF

Sarah Stephens in CF 1pm TRIAD CH Matthew Hall

Office of the Virginia **Attorney General**

11am Bible Study with

2pm **Spelling BEE** CF Played in Teams, join us!

3pm Friendship Singers CH come watch practice or

3:30pm Happy Hour CF

Sarah Stephens in CF

1pm Armchair Travel CF

3pm Friendship Singers CH

come watch!

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- 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 https://example.com/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 Most months we will decorate lunch bags for the Rescue Mission clients.
- Bible Study Sarah Stephens hosts a twice monthly bible study in Club Fship 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 an 11am Sunday service for us the 17th of March in 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.
- Color Me Calm a Friday morning gathering to relax and color, and there's coffee & music.
- 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 Spring concert music, join us!
- 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 on ea 4th Wednesday from 3-4pm (see calendar)
- Pastor Talk Chaplain Gary provides a twice monthly message check your calendar for date/time.
- **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 <u>first & third Tuesday</u> 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** <u>each Friday</u> 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 alternating months visit to Rescue Mission, clothes sorting & kitchen work

<u>NEW IN March</u> -- 3/1 **Craft Sale** in CF, Friday mornings enjoy **Color Me Calm** in CF, 3/11 **Senior Trivia** has returned to Monday, 3/14 **Spelling Bee**,

3/15 Tom our "Singing Bus Driver" performs, 3/18 a Neurologist speaks on Dementia, 3/22 Mill Mtn Music Showcase, 3/27 bus to theatre for Margaritaville musical!