




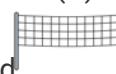



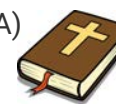








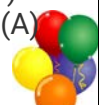














Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><h1>March 2024</h1></div>												<div>1</div> <div>8:30 One on Ones (1:1) 10:00 Calendar Distribution (All wings) 10:00 Visits with Chaplain Gary 2:00 Movie and Popcorn (A)</div> <div></div>	<div>2</div> <div>10:00 Puzzle Packs (NS) 2:30 Bingo with Maggie (A)</div> <div></div>
<div>3</div> <div>11:00 First Roanoke Broadcast Service (Ch. 10) 2:00 Activities with Maggie</div>	<div>4</div> <div>8:30 One on Ones (1:1) 10:00 This or That Board (Lobby) 11:00 Shamrock Family Feud (A)  2:00 Pound Cake Social (A) National Pound Cake Day</div>	<div>5</div> <div>8:30 One on Ones (1:1) 10:30 Walmart Outing (O) [must sign up by 3/1] 2:00 Scenic Ride (O) [must sign up by 3/1]</div> <div></div>	<div>6</div> <div>8:30 One on Ones (1:1) 10:00 Balloon Volleyball (A) 11:00 Marble-Painted Shamrocks (A) 2:00 Kinnfolk Celtic Music (A)</div> <div></div>	<div>7</div> <div>8:30 One on Ones (1:1) 10:00 National Cereal Day Social (A) 2:00 "Sonshine Choir" from Melrose Baptist Church (B)</div> <div> National Cereal Day</div>	<div>8</div> <div>8:30 One on Ones (1:1) 10:00 Saran Wrap Candy Ball Activity (A) 11:00 Truth or Blarney (A) 2:00 Bingo (A)</div> <div></div>	<div>9</div> <div>12:00 Salt Dough Shamrocks (A) 2:30 Bingo with Cheyenne (A)</div> <div></div>							
<div>10</div> <div>11:00 First Roanoke Broadcast Service (Ch. 10) 2:00 Covenant Church (A)</div> <div> Daylight Saving Time Begins</div>	<div>11</div> <div>8:30 One on Ones (1:1) 10:00 Nail Painting (Sign up with Cheyenne) (A) 11:00 Group Session with Renee (BR) 2:00 Cooking Club (A)</div> <div></div>	<div>12</div> <div>8:30 One on Ones (1:1) 10:30 Hamrick's Outing (O) [must sign up by 3/8] National Bus Week! - Grab a gift & a discount!</div> <div></div>	<div>13</div> <div>8:30 One on Ones (1:1) 10:00 Pot O' Gold Scavenger Hunt (A) 11:00 Passport to Ireland (A) 2:00 Bingo (A)</div> <div></div>	<div>14</div> <div>8:30 One on Ones (1:1) 11:00 Resident Council (BR) 2:00 Bible Study with Marvin (A)</div> <div></div>	<div>15</div> <div>8:30 One on Ones (1:1) 10:00 Visits with Chaplain Gary (1:1) 11:00 Irish Hat Decoration (A) 2:00 St. Patrick's Day Party (A)</div> <div></div>	<div>16</div> <div>10:00 Puzzle Packs (NS) 2:30 Bingo with Maggie (A)</div> <div></div>							
<div>17</div> <div>7:30 Thomas Road Baptist Broadcast Service (Ch. 8) 11:00 First Roanoke Broadcast Service (Ch. 10) 3:00 Paul Kidd & Friends (A) St. Patrick's Day</div>	<div>18</div> <div>8:30 One on Ones (1:1) 11:00 6Ft Apart Band (All Wings) 2:00 Bingo (A)</div> <div></div>	<div>19</div> <div>8:30 One on Ones (1:1) 10:30 Vinton Bowling Center (O) [must sign up by 3/15] 2:00 Scenic Ride (O) [must sign up by 3/15]</div> <div> First Day of Spring</div>	<div>20</div> <div>8:30 One on Ones (1:1) 10:00 Balloon Volleyball (A) 11:00 Fred Rogers Trivia (A) 2:00 March Birthday Party (A)</div> <div> "Won't You Be My Neighbor" Day</div>	<div>21</div> <div>8:30 One on Ones (1:1) 10:00 Flower Creations (A) 2:00 Participation Worship with Chaplain Gary (A)</div> <div> National Flower Day</div>	<div>22</div> <div>8:30 One on Ones (1:1) 10:00 Coffee and Doughnuts (A) 1:00 Glazed Bisque-It Outing (O) [must sign up by 3/18]</div> <div></div>	<div>23</div> <div>Trivia Packets(Self-Directed) 2:30 Bingo with Cheyenne (A)</div> <div></div>							
<div>24</div> <div>7:30 Thomas Road Baptist Broadcast Service (Ch. 8) 11:00 First Roanoke Broadcast Service (Ch.10) 2:00 Covenant Church (A)</div> <div> Palm Sunday</div>	<div>25</div> <div>8:30 One on Ones (1:1) 10:00 Nail Painting (Sign up with Cheyenne) (A) 2:00 Bingo (A)</div> <div></div>	<div>26</div> <div>8:30 One on Ones (1:1) 10:30 Lunch Outing to Olive Garden (O) [must sign up by 3/22] 2:00 Scenic Ride (O) [must sign up by 3/22]</div> <div></div>	<div>27</div> <div>8:30 One on Ones (1:1) 10:00 Self-directed Adult Coloring (A) 2:00 Easter Egg Craft (A)</div> <div></div>	<div>28</div> <div>8:30 One on Ones (1:1) 12:00 Easter Brunch (Must RSVP by 3/22) (A) (B) 2:00 Bible Study with Marvin (A)</div> <div></div>	<div>29</div> <div>8:30 One on Ones (1:1) 10:00 Visits with Chaplain Gary (1:1) 11:00 Easter Egg Hunt (A) 2:00 Music by Renee (A)</div> <div> Good Friday</div>	<div>30</div> <div>10:00 Puzzle Packs (NS) 2:30 Bingo with Maggie (A)</div> <div></div>							
<div>31</div> <div>11:00 First Roanoke Broadcast Service (Ch. 10) 2:00 Activity With Maggie</div> <div> Easter Sunday</div>	<div>1:1 - Residents' Room NS - Nurses' Station O - Outings A - Dining Room A B - Dining Room B BR - Boardroom CYA - Courtyard A CYB - Courtyard B</div> <div>Recreation Leaders: Cheyenne Bower Maggie Forbes</div> <div>Director of Activities: Melissa Fisher (540) 777-8475 m sher@friendship.us</div> <div></div> <div>Puzzles ,Books and Games are available in Dayrooms at all times.</div>												

Activities will last 30 to 60 minutes unless otherwise noted. Activities are subject to change and any changes will be posted by the Activities calendar on the bulletin board of each wing.