

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Piedmont, Assisted Living, Life Enrichment Guide

Happy New Year!

10 Fitness and Snack
3 Rescheduled from
Wednesday! 2021
Resolutions!



New Year's Day

1 10 Trivia Time & Snack-3rd
3-3:45 Bingo-3rd

10:00 News Currents & Snack
3 RemisceCorner-2nd
7 Sunday Night Movie-2nd
(H&W turn a Netflix Movie on for Residents)

3 9:45 Fitness-2nd
10:15 Snack & Chronicles-2nd
10:30 Healthy Minds-2nd
12:30-1pm Library Delivery-PL
2 Word Mining-2nd
3:30 Color Me Clam-2nd
4:15 Walks-L

4 **9:45 Outing: Harris Teeter-L**
2 Bingo-3rd
3:30 Corn Hole & Blue Grass Music-3rd
4:15 Walks-L



5 9:45 Fitness-2nd
10:15 Snack
10:30 Brain Games -2nd
2:30 Noodle Ball-2nd
3:30 Riddles & Jokes-3rd
4:15 Walks-L



6 **9:30 Yoga w/ Cecily-2nd**
10:30 Devotions & Snack-2nd
2 9Squares-2nd
3 Catholic Communion-GDR
4:15 Walks-L

7 9:45 Fitness-2nd
10:15 Chronicles/Snack 2nd
10:30 Meditation w/ Tibetan Singing Bowl-2nd
11 One on Ones-IR
2:30 Scenic Drive



8 10 Trivia Time & Snack-3rd
3-3:45 Bingo-3rd

10:00 News Currents & Snack
3 Junk Drawer Detective-2nd
7 Sunday Night Movie-2nd
(H&W turn a Netflix Movie on for Residents)

10 9:45 Fitness-2nd
10:15 Snack & Chronicles-2nd
10:30 Healthy Minds-2nd
2:30 *Deer Hunting Game with Verf Guns!*



11 9:45 Fitness-2nd
10:15 Snack & Chronicles-2nd
10:30 Crosswords-2nd
1:45-2:30 Bingo-3rd
3 Music Larry Kent & ToniMarie-L
4:15 Walks-L

12 9:45 Fitness-2nd
10:15 Snack
10:30 Brain Games -2nd
2 9 Squares-2nd
3 Music: Stan Hamerick-L
4:15 Walks-L

13 **9:30 Yoga w/ Cecily-2nd**
10:30 Devotions & Snack-2nd
2 "Who am I? What am I?"-2nd
FL. Activity connection2nd
3 Catholic Communion-GDR
4:15 Walks-L

14 9:45 Fitness-2nd
10:15 Chronicles/Snack 2nd
10:30- Color Me Calm
11 One on Ones-IR
2:30 Shop Harris Teeter-L



15 10 Trivia Time & Snack-3rd
3-3:45 Bingo-3rd

10:00 News Currents & Snack
3 Healthy Minds/Picture Words-2nd
7 Sunday Night Movie-2nd
(H&W turn a Netflix Movie on for Residents)

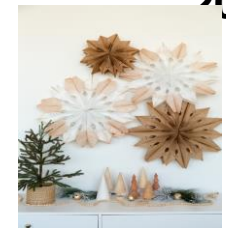
17 9:45 Fitness-2nd
10:15 Snack & Chronicles-2nd
10:30 Healthy Minds-2nd
12:30-1pm Library Delivery-
2 Word Mining-2nd
3:30 Martin Luther King Bio-3rd



Martin Luther King L...

18 9:45 Fitness-2nd
10:15 Snack & Chronicles-2nd
10:30 Crosswords-2nd
1:45-2:30 Bingo-3rd
3 Music-Barbara Martin-L
4:15 Walks-L

19 9:45 Fitness-2nd
10:15 Snack
10:30 Brain Games -2nd
2 Paper Bag Snowflakes!
2nd Sign-up on sheet.



20 **9:30 Yoga w/ Cecily-2nd**
10:30 Devotions & Snack-2nd
2 Movie: **Happy Feet!**
3 Catholic Communion-GDR
Edna's Birthday!



21 9:45 Fitness-2nd
10:15 Chronicles/Snack 2nd
10:30- **Art Studio** with Eli
11 One on Ones-IR
2:30 Scenic Drive



22 10 Trivia Time & Snack-3rd
3-3:45 Bingo-3rd

10:00 News Currents & Snack
3 Junk Drawer Detective-2nd
7 Sunday Night Movie-2nd
(H&W turn a Netflix Movie on for Residents)

Activity Professionals Week

24 9:45 Fitness-2nd
10:15 Snack & Chronicles-2nd
10:30 Healthy Minds-2nd
2:30 Corks & Canvas's Painting Class! HCR
Leave with a masterpiece! Sign-Up on the sign-up sheet on 2nd fl.



25 9:45 Fitness-2nd
10:15 Snack & Chronicles-2nd
10:30 Crosswords-2nd
2 Outing: Shop Target-L



26 9:45 Fitness-2nd
10:15 Snack
10:30 Brain Games -2nd
2:15 Afternoon Tea-3rd GDR (discussion: *who were Bonnie & Clyde?*) Movie tomorrow!



27 **9:30 Yoga w/ Cecily-2nd**
10:30 Devotions & Snack-2nd
2 Afternoon Matinee: Movie **"Bonnie and Clyde"** with Warren Bettie and Faye Dunaway, 2nd netflix
3 Catholic Communion-GDR

28 9:45 Fitness-2nd
10:15 Chronicles/Snack 2nd
10:30- Meditation
11 One on Ones-IR
2:00 Theatrical History with Eli- 2nd
4:15- Walks-L



29 10 Trivia Time & Snack-3rd
3-3:45 Bingo-3rd

10:00 News Currents & Snack
3 Word Searches-2nd
7 Sunday Night Movie-2nd
(H&W turn a Netflix Movie on for Residents)

January 2021

Ground Level- HCR-Harris Community Room, First Floor: L- Lobby, HAM-Ham's Billiard Room R- Ridges Dining Room, P-Pub S-Seasons, LIB- Library, Second Floor: 8 A--Afton Mountain Community Room, LR-Living Room, Third Floor: H-Haden's Farm Community Room, IR-In Room, GDR-Greenwood Dining Room