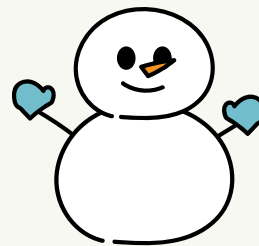



January 2026



Friendship Assisted Living
320A Hershberger Rd.
Roanoke, VA 24012
Director of Activities Austin O'Dell

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location Key: (A) Activity Room (D) Dining Room (O) Out Front (F) Friendship Room (beside activity room) (C) Chapel	Any calendar changes or additions will be posted on the tv near the dining room. Groups are 30 to 60 minutes in length and are held in the activity room unless noted otherwise.			10:00 Bible Study w/ Chaplain Gary (A) 1 10:30 The Chosen (A) 2:00 Scrabble and coffee (A)	10:00 New Years Themed Craft (A) 2 2:00 Ron Downing Music (D) 3:15 Hot Coco Social (A)	10:00 Exercise w/ Nancy (A) 3 10:30 Bridge-O w/ Nancy (A) 5:30 Flint Rock Sing a Long (A)
1:00 Bible Study with Ross (A) 3:00 Church Service with Chaplain Gary (C) 4	9:30 Wal-Mart 10:00 Exercise w/ Nancy (A) 10:30 Skip-Bo w/ Nancy (A) 2:00 BINGO (D) 5	10:00 Jeopardy (A) 6 12:30 Friendly Boutique (A) 1:30 Movie & Popcorn(A) 6:00 Paul & the Believers (C)	10:00 Pet Therapy with Nahla (L) 7 2:00 BINGO (D) 3:15 Resident Council (A)	10:00 Bible Study w/ Chaplain Gary (A) 8 10:30 The Chosen (A) 2:00 Sammy P Music (A) 6:00 Friends of Praise (A)	10:00 Snowflake craft (A) 9 2:00 BINGO (A) 3:15 Snowball Fight (A)	10:00 Exercise w/ Nancy (A) 10 10:30 Bridge-O w/ Nancy (A) 5:30 Flint Rock Sing a Long (A)
3:00 Church Service with Chaplain Gary (C) 11	9:30 Red Palace 10:00 Exercise w/ Nancy (A) 10:30 Skip-Bo w/ Nancy (A) 2:00 BINGO (D) 12	10:00 Balloon Badminton (A) 13 12:30 Friendly Boutique (A) 1:30 Movie & Popcorn(A)	10:00 Pet Therapy with Nahla (L) 14 11:30 Marc Baskind Birthday Celebration (D) 2:00 BINGO (D)	10:00 Bible Study w/ Chaplain Gary (A) 15 10:30 The Chosen 11:30 Veterans Lunch 2:00 Fun w/ Wendi Snacks, games, & craft (A)	10:00 Chair Zumba with Louann (A) 16 1:00 Bible Study w/ Eugene Mills (A) 2:30 BINGO (A)	10:00 Exercise w/ Nancy (A) 17 10:30 Bridge-O w/ Nancy (A) 5:30 Flint Rock Sing a Long (A)
1:00 Bible Study with Ross (A) 3:00 Church Service with Chaplain Gary (C) 18	9:30 Scenic Ride 10:00 Exercise w/ Nancy (A) 10:30 Skip-Bo w/ Nancy (A) 2:00 BINGO (D) 19	10:00 Balloon Swat (A) 20 12:30 Friendly Boutique (A) 1:30 Movie & Popcorn(A)	10:00 Pet Therapy with Nahla (L) 21 1:30 Menu Meeting (D) 2:00 BINGO (D)	10:00 Bible Study w/ Chaplain Gary (A) 22 10:30 The Chosen (A) 2:00 Axe Throwing Game (A)	10:00 Health Talk w/ Enhabit Health (A) 23 2:00 John Yates Music (C) 3:15 BINGO (A)	10:00 Exercise w/ Nancy (A) 24 10:30 Bridge-O w/ Nancy (A) 5:30 Flint Rock Sing a Long (A)
3:00 Church Service with Chaplain Gary (C) 25	9:30 Wal-Mart 10:00 Exercise w/ Nancy (A) 10:30 Skip-Bo w/ Nancy (A) 2:00 BINGO (D) 26	10:00 Pet Therapy with Nahla (L) 27 10:30 Polar Bear Plunge Game (A) 12:30 Friendly Boutique (A) 1:30 Movie & Popcorn(A)	10:00 Coffee Social with games (A) 28 10:30 Pet Therapy w/ Roux (L) 2:00 BINGO (D) 3:00 Vested In Christ (A)	10:00 Bible Study w/ Chaplain Gary (A) 29 10:30 The Chosen (A) 2:00 Pet Therapy w/ Trooper (L)	10:00 Wheel of Fortune (A) 30 2:00 40 Years After (D) 3:15 Balloon Volleyball (A)	10:00 Exercise w/ Nancy (A) 31 10:30 Bridge-O w/ Nancy (A) 5:30 Flint Rock Sing a Long (A)