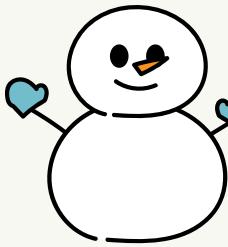




# January 2026



Friendship Assisted Living  
320A Hershberger Rd.  
Roanoke, VA 24012

Director of Activities Austin O'Dell

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