Friendship
RICHFIELD LIVING

BALANCED LIVING OVERVIEW - OCTOBER

SIGN UP INFORMATION

ALL OUTINGS AND SOME ACTIVITIES REQUIRE ADVANCE SIGN-UP. IF YOU SEE (PR), IT MEANS PRE-REGISTRATION IS REQUIRED.
TO SIGN UP, PLEASE CONTACT RAVAN DAY.
GROCERY RUN TO WALMART & KROGER EVERY WEDNESDAY 9:30 AM AND 10:30 AM.
FOR GROCERY SHOPPING REQUESTS, CALL 540-378-6202.
PLEASE NOTE: EVENTS, OUTINGS, AND ACTIVITIES ARE SUBJECT TO CHANGE.

ROOM/BUILDING KEY

AC = ANSER CAFÉ / (TC) TOWN CENTER
CL = CLUB LOUNGE / (V) VILLAS
CR = COMMUNITY ROOM / (TC) TOWN CENTER
LL = LOWER LAKE (OUTSIDE)
Q = QUILL / (TC) TOWN CENTER
QP = QUILL PATIO / (TC) TOWN CENTER
R52 = ROOST 52 / (TC) TOWN CENTER
RR = REGENCY ROOM / (RC) RIDGECREST
SR = SHENANDOAH ROOM / (KW) KNOLLWOOD
TZ = TONE ZONE / (V) VILLAS
WS = WELLNESS STUDIO / (TC) TOWN CENTER









SOCIAL WELLNESS

2 FRI. (CR) 11:00 AM TOWN HALL

TOWN HALL SERVES AS AN OPEN AND TRANSPARENT CHANNEL CONNECTING RESIDENTS WITH MANAGEMENT. JOIN US TO STAY INFORMED ABOUT COMMUNITY UPDATES, DINING, ACTIVITIES, MAINTENANCE, AND WELLNESS PROGRAMS. (PR)

2 FRI. (AC) 6:00 PM SING-A-LONG

JOIN US AFTER DINNER AROUND THE PLAYER PIANO AT THE TOWN CENTER FOR A EVENING OF FUN, LAUGHTER, SINGING, AND MUSIC.

8 THURS(TC) 9:00 AM CHIP & JOE'S

ENJOY TRAVELING TO BREAKFAST SPOTS AROUND TOWN. JOIN US ON A COZY MORNING OUTING TO CHIP & JOE'S FOR HOT COFFEE AND A WARM BREAKFAST.(PR)

10 SAT. (TC) 9:00 AM GANDIN THEATRE OUTING: FRANKINSTEIN

THIS ICONIC HORROR FILM FOLLOWS THE OBSESSED SCIENTIST DR. HENRY FRANKENSTEIN AS HE ATTEMPTS TO CREATE LIFE BY ASSEMBLING A CREATURE FROM BODY PARTS OF THE DECEASED.(PR)

10 SAT. (TC) 1:00 PM MILL MOUNTAIN THEATRE: ENCORE

A MUSICAL TRIBUTE TO THE STAGE FEATURING FAVORITE BALLADS, PRODUCTION NUMBERS, AND ICONIC HITS RANGING FROM CLASSIC GOLDEN AGE SHOWS TO CURRENT BROADWAY SHOWSTOPPERS. (PR)

14 WED. (TC) 9:30 AM BREAKFAST AT CRACKER BARREL SINKLAND FARM PUMPKIN PATCH

NESTLED IN THE BLUE RIDGE MOUNTAINS OF CHRISTIANSBURG, VIRGINIA, THE FESTIVAL COMBINES PUMPKINS, FALL DECOR, HAYRIDES, AN AWARD-WINNING CORN MAZE, AND FAMILY-FRIENDLY ATTRACTIONS INTO AN UNFORGETTABLE AUTUMN EXPERIENCE. WALKING OUTSIDE ON UNEVEN LAND.
TICKET PRICE $11.00 (PR)

15 THURS. (TC) 11:30 AM VETERAN LUNCH AT FRIENDSHIP NORTH

COME AND ENJOY A FREE LUNCH WITH FELLOW VETERANS. SHARE STORIES, ENJOY FRIENDLY CONVERSATION, DAILY TOPICS, AND PLENTY OF LAUGHS IN A WELCOMING ATMOSPHERE. (PR)

16 FRI.(CR) 1:00 PM TEAM TRIVIA

CREATE YOUR TEAM, 3-6 PLAYERS. FRIENDS AND RELATIVES ARE INVITED. PROVIDE YOUR TEAM NAME AND CONTACT INFORMATION. ONE REGISTRATION PER TEAM! IF YOU DO NOT HAVE A TEAM, WE WILL ASSIGN YOU TO A TEAM THE DAY OF THE GAME. SNACKS WILL BE PROVIDED.

22 THURS. (TC) 10:00 AM HAMRICK'S AND SYCAMORE STATION

HAMRICK'S OFFERS WOMEN'S, MEN'S, AND KIDS' APPAREL AND FOOTWEAR, ALONG WITH HOUSEHOLD GOODS. ENJOY SENIOR WEEK DISCOUNT PRICING! SYCAMORE STATION IS A CASUAL, COZY CAFÉ SERVING COFFEE-BASED DRINKS, BREAKFAST ITEMS, AND SANDWICHES.(PR)

28 WED. (TC) 9:00 AM THE BREAD BASKET

DOWN-TO-EARTH SHOP OFFERING BAKED GOODS, SANDWICHES, JAMS, SPREADS, BAKING SUPPLIES AND DELI OPTIONS. (PR)

29 THURS. (CR) 1:00 PM PM KEVIN MATHESON CONCERT

YOU'RE INVITED TO EXPERIENCE AN ENCHANTING EVENING OF VIOLIN AND PIANO MUSIC FROM THE 1920S, FEATURING EERIE COMPOSITIONS BY FRENCH COMPOSERS THAT PERFECTLY CAPTURE THE SPIRIT OF HALLOWEEN.

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30 FRI. (CR) 10:00 AM TRICK OR TREAT WITH BETHEL BAPTIST

DRESS UP IN YOUR FESTIVE COSTUME DECORATE A TABLE AND HAND OUT SWEET TREATS TO THE BETHEL BAPTIST PRESCHOOL CHILDREN COSTUME OPTIONAL. (PR)

INTELLECTUAL WELLNESS

1 THURS. (R52) 2:00 PM ART HISTORY WITH SHIRLEY B.

JOIN SHIRLEY B. AS SHE DISCUSSES THE STUDY OF ART FROM ACROSS THE WORLD, FROM ANCIENT TO THE PRESENT DAY. ART CAN UPLIFT, PROVOKE, SOOTHE, ENTERTAIN, AND EDUCATE US.

6 TUES. (CR) 11:00 AM LEARN@LUNCH WITH BALANCED WELLSPACE AT THE NORTH CAMPUS

JOIN US FOR AN INFORMATIVE EDUCATIONAL DISCUSSION ABOUT BALANCE WELLSPACE INTEGRATIVE MEDICINE. (PR)

9 FRI. (R52)11:00 AM HISTORICAL DISCOVERY GROUP

JOIN US AS WE EXPLORE HISTORY THROUGH DOCUMENTARIES. DISCOVER THE PAST, LEARN SOMETHING NEW, AND SHARE YOUR PERSPECTIVE.

14 WED. (R52) 11:30 AM ASTRONOMY CLUB

BRING LUNCH AND JOIN MARGARET R. FOR ASTRONIMICAL DISCUSSION AND THE PLANNING OF VIEWINGS FOR UPCOMING LUNAR EVENTS

22 THURS. (R52) 1:00 PM FACTS & SNACKS WITH TAM

ARE YOU GETTING ENOUGH SLEEP? DO YOU FEEL RESTED WHEN YOU WAKE UP EACH MORNING? LET'S GET TOGETHER IN THE ROOST AND DISCUSS OUR SLEEP HABITS. WE MAY JUST LEARN SOMETHING NEW THAT WILL HELP US GET AN EVEN BETTER NIGHT'S SLEEP!

27 TUES. (CR) 11:00 AM LEARN@LUNCH WITH MEDI HOME HOSPICE: THE RICHFIELD CAMPUS

JOIN US FOR AN INFOMATIIVE DISCUSSION ABOUT DEBUNCKING THE MYTHS OF HOSPICE WITH CHRISTINE CONNER. (PR)

29 THURS. (R52) 11:00 AM ARMCHAIR TRAVEL GREENLAND & ICELAND

TAKE A JOURNEY TO GREENLAND & ICELAND WITHOUT LEAVING YOUR SEAT! DISCOVER INTERESTING FACTS AND CULTURE FROM MARGARET R.



SPIRITUAL WELLNESS

(CR) EVERY SUNDAY AT 10:00 AM SUNDAY CHAPEL

JOIN CHAPLIN GARY KINGERY EVERY SUNDAY IN THE FRIENDSHIP RICHFIELD LIVING CHAPEL FOR A MORNING WORSHIP AND SERVICE.
OCT: 4,11, 18, 25

(CR) EVERY MONDAY AT 2:00 PM BIBLE STUDY GROUP LED BY CHAPLIN GARY

ENGAGE IN A GUIDED WALK THROUGH THE BOOK OF ROMANS WITH CHAPLAIN GARY KINGERY EVERY MONDAY. EXPERIENCE A WELCOMING CONVERSATION, ASK QUESTIONS, AND GROW IN UNDERSTANDING TOGETHER.
OCT: 5, 12, 19, 26

(SR) EVERY MONDAY AT 6:00 PM BIBLE STUDY WITH MICHAEL H.

JOIN RETIRED PASTOR MICHAEL H. FOR A LIVELY DISCUSSION & DEEP DIVE INTO THE BOOK OF REVELATION. EXPLORE ITS POWERFUL THEMES, ASK QUESTIONS, AND GAIN FRESH INSIGHT IN A WELCOMING SETTING.
OCT: 5, 12, 19, 26

4 MON. (RR) 2:00 PM FAITH BASED MOVIE WITH SUE D.

ENJOR A FAITH BASED MOVIE WITH SUE D.

5 MON. (SR) 3:30 PM HYMNS AND TEA AT "3 ISH"

LIFT YOUR VOICE AND DEEPEN YOUR FAITH AT A SPECIAL HYMN GATHERING WITH RHODA L. SING TIMELESS FAVORITES AND DISCOVOR THE STORIES AND MEANINGS BEHIND EACH SONG. ALL ARE WELCOME!

BALANCED LIVING OVERVIEW - OCTOBER

PHYSICAL WELLNESS

11:00 AM 1ST AND 3RD TUESDAY BLOOD PRESSURE CLINIC WITH TAM

BLOOD PRESSURE CLINIC HELD IN THE KNOLLWOOD LIBRARY ON THE 1TH
BLOOD PRESSURE CLINIC HELD IN THE ROOST 52 AT THE TOWN CENTER ON THE 15TH

VOCATIONAL WELLNESS

(CL) EVERY WEDNESDAY AT 1:00 PM RICHFIELD SINGERS

JOIN JOYCE W. AND THE RICHFIELD SINGERS EVERY WEDNESDAY! COME ENJOY LEARNING SONGS TOGETHER AND BE PART OF SOMETHING SPECIAL AS WE PREPARE PERFORMANCES FOR OUR MONTHLY TOWN HALL.
OCT: 7, 14, 21, 28

12 MON. (Q) 9:00 AM COMMUNICATIONS COUNCIL

COUNCIL LED BY BOB H. TO PROMOTE EFFECTIVE COMMUNICATIONS INTERNALLY ACROSS THE CAMPUS.

12 MON. (Q) 1:00 PM SPIRITUAL LIFE COUNCIL

LED BY MARGARET R. AND GRETCHEN J.TO PROMOTE AND LEAD RESIDENT DRIVEN SPIRITUAL LIFE ACTIVITIES.

15 THURS. (Q) 10:00 AM CULINARY COUNCIL

THE BUILDING REPRESENTATIVE COUNCIL, LED BY DENIELLE M. AND PATRICKS, MEETS TO REVIEW ANSER CAFÉ UPDATES AND DISCUSS RESIDENT ENGAGEMENT FEEDBACK. CLOSED MEETING.

15 THURS. (R52) 2:00 PM CRAFTING FOR GOOD

JOIN US AS WE KNIT, CROCHET, AND SEW ITEMS FOR INDIVIDUALS IN NEED WITHIN OUR COMMUNITY. WHETHER YOU ARE A BEGINNER OR AN EXPERIENCED CRAFTER, ALL ARE WELCOME.

21 WED. (CR) 10:00 AM MAKE & DONATE

MAKE & DONATE IS AN ART CLUB FOCUSED ON CREATING PROJECTS THAT ARE DONATED BACK TO OUR COMMUNITY AND SHARED AT SPECIAL EVENTS. TOGETHER, WE USE CREATIVITY TO GIVE BACK AND CONNECT WITH OTHERS.

21 WED. (CR) 1:00 PM COMMUNITY ENGAGEMENT COUNCIL

LED BY RAVAN DAY TO ENSURE MEANINGFUL AND QUALITY RESIDENT ENGAGEMENT ACTIVITIES & SUPPORTING THE PILLARS OF WELLNESS.
CLOSED MEETING.

27 TUES. (Q) 10:00 AM RESIDENT ADVISORY COUNCIL

BUILDING REPRESENTATIVE COUNCIL, TO PROMOTE CAMPUS UNITY. DISCUSSING ACTIVITIES AND PROGRAM OPPORTUNITY AT MONTHLY BUILDING MEETINGS. CLOSED MEETING.

26 MON. (Q) 1:00 PM INK SLINGERS

ARE YOU INTERESTED IN EXPRESSING YOURSELF THROUGH WRITING? ARE YOU WILLING TO READ YOUR WORK, PARTICIPATE IN INSTRUCTIVE GRAMMAR REVIEW, AND SHARE INFORMATION ABOUT NEW WRITERS? IF SO, JOIN TODAY!

EMOTIONAL WELLNESS

8 THURS. (CR & R52) 11:00 AM DEMENTIA SUPPORT GROUP

KAREN ELLEXSON PROVIDES EDUCATIONAL SESSIONS FOR INDIVIDUALS AND FAMILIES, HELPING THEM BUILD SKILLS TO CONNECT MEANINGFULLY WITH LOVED ONES LIVING WITH DEMENTIA.

ENVIRONMENTAL WELLNESS

GARDEN CLUB WITH SHIRLEY JARUSEK

CONTACT SHIRLEY JARUSEK IF YOU ARE INTERESTED IN GARDENING IN ONE OF OUR RAISED BEDS.
SJARUSEK@FRIENDSHIP.US, OR CALL 540-378-6195.