Friendship
RICHFIELD LIVING

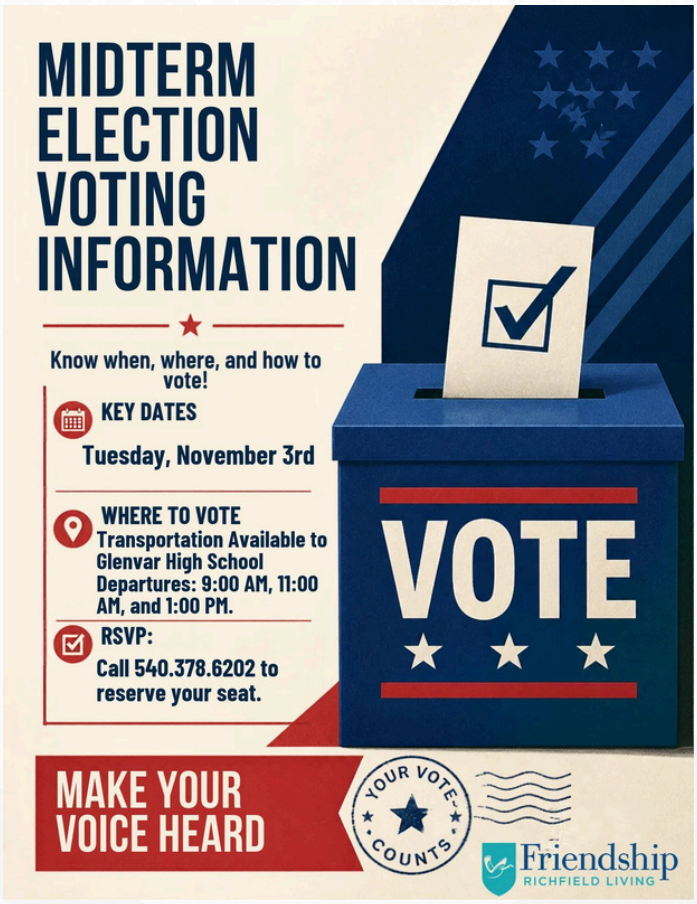
BALANCED LIVING OVERVIEW - NOVEMBER

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.
PLEASE NOTE: GROCERY RUN WILL BE ON TUESDAY NOVEMBER 10TH. NO GROCERY RUN ON THE 11TH
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







BALANCED LIVING OVERVIEW - NOVEMBER

SOCIAL WELLNESS

5 THURS. (TC) 9:00 AM DONNIE D'S

ENJOY A COZY MORNING OUTING TO DONNIE D'S FOR HOT COFFEE AND A WARM BREAKFAST. AFTERWARD, SHOP AT IKENBERRY.(PR)

6 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)

6 FRI. (LOWER LAKE) 4:30 PM TO 7:00 PM LIFE AND LIGHTS

JOIN US TO LIGHT UP THE NIGHT IN A MAGICAL EVENING FEATURING THOUSANDS OF SPARKLING LIGHTS AND LUMINARIA, EACH ONE A GLOWING TRIBUTE TO RESIDENTS, CAREGIVERS, AND TO HONOR LOVED ONES WHO HAVE PASSED. GUESTS WILL ENJOY LIVE MUSIC, WARM REFRESHMENTS, MEANINGFUL ACTIVITIES AND COMMUNITY AS WE COME TOGETHER TO HONOR THOSE WHO HAVE TOUCHED OUR LIVES.

11 WED. 11:30 AM VETERAN DAY LUNCH AT THE OAKS ALLEGHANY ROOM

IL VETERANS ARE CORDIALLY INVITED TO ATTEND A VETERANS LUNCHEON ON WEDNESDAY, NOVEMBER 11TH, STARTING AT 11:30 AM. THE LUNCHEON WILL BE HELD IN THE ALLEGANY ROOM AT THE OAKS. PLEASE RSVP TO RAVAN DAY AT 540-378-6132. SPOUSES ARE INVITED TO ATTEND. THANK YOU TO ALL OUR VETERANS FOR THE SACRIFICES MADE FOR OUR COUNTRY AND FREEDOM (PR)

12 THURS. (TC) 10:00 AM SHOPPING AT HOBBY LOBBY AND LUNCH AT MISSION BBQ

KICK OFF YOUR HOLIDAY SHOPPING WITH US AT HOBBY LOBBY IN CHRISTIANSBURG. AFTER SHOPPING, ENJOY FELLOWSHIP AND LUNCH AT MISSION BBQ. (PR)

13 FRI.(CR) 11:30 AM TO 1:00 PM FRIENDSGIVING THANKSGIVING LUNCH

LET'S TALK TURKEY (AND SIDES!). JOIN US FOR A FRIENDSGIVING LUNCH AS WE CELEBRATE THE FRIENDS WHO FEEL LIKE FAMILY. WE'LL HANDLE THE TURKEY—BRING YOUR FAVORITE SIDE DISH OR DESSERT TO SHARE! PLEASE RSVP WITH RAVAN DAY AT 540.378.6132.

14 SAT. (TC) 9:00 AM GANDIN THEATRE OUTING: THE MALTESE FALCON

IN THIS 1941 NOIR CLASSIC, DETECTIVE SAM SPADE (HUMPHREY BOGART) GETS MORE THAN HE BARGAINED FOR WHEN A BEAUTIFUL BUT SECRETIVE WOMAN (MARY ASTOR) BRINGS HIM A CASE. AS SOON AS MISS WONDERLY SHOWS UP, TROUBLE FOLLOWS AS SAM'S PARTNER IS MURDERED AND SAM IS ACCOSTED BY A MAN (PETER LORRE) DEMANDING HE LOCATE A VALUABLE STATUETTE. SAM, ENTANGLED IN A DANGEROUS WEB OF CRIME AND INTRIGUE, SOON REALIZES HE MUST FIND THE ONE THING THEY ALL SEEM TO WANT: THE BEJEWELED MALTESE FALCON.(PR)

17 TUES. (RR) 1:00 PM HOLIDAY PAMPER DAY WITH MARY KAY

GIFT YOURSELF THE GLOW THIS SEASON! JOIN US FOR A SPECIAL DAY OF COMPLETE RELAXATION AND REJUVENATION. TREAT YOURSELF OR SOMEONE SPECIAL TO A MUCH-DESERVED BREAK FROM THE HOLIDAY RUSH. LIGHT REFRESHMENT PROVIDED. (PR)

20 FRI. (TC) 10:30 AM LUNCH OUTING TO THE COUNTRY STORE IN ROCKY MOUNT

IF YOU'RE CRAVING AUTHENTIC HOMEMADE COUNTRY COOKING, THE COUNTRY BARN IN ROCKY MOUNT IS YOUR DESTINATION! JUST A FEW MILES FROM DOWNTOWN, WE'RE REDEFINING HOME-STYLE MEALS WITH OUR DELICIOUS SOUTHERN COMFORT FOOD, HEARTY HOME-COOKED DISHES, AND A SELECTION OF LOCAL PRODUCTS. COME TASTE THE DIFFERENCE!(PR)

BALANCED LIVING OVERVIEW - NOVEMBER

INTELLECTUAL WELLNESS

3 TUES. (TC) 10:30 AM LEARN@LUNCH AT NORTH WITH DR. MICHAEL BENTLEY

JOIN US AT FRIENDSHIP NORTH FOR A PRESENTATION BY DR. MICHAEL L. BENTLEY, A ROANOKE NATIVE AND RETIRED FACULTY MEMBER FROM THE SCIENCE AND ENVIRONMENTAL EDUCATION DEPARTMENT AT THE UNIVERSITY OF TENNESSEE, KNOXVILLE. DR. BENTLEY EARNED ADVANCED DEGREES FROM THE UNIVERSITY OF PENNSYLVANIA AND THE UNIVERSITY OF VIRGINIA. ADDITIONALLY, HE DIRECTED THE SCIENCE INSTITUTE FOR TEACHERS AT HOLLINS UNIVERSITY IN ROANOKE FOR SEVEN YEARS.. (PR)

5 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.

11 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

16 MON. (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.

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

ADVANCED CARE PLANNING IS NOT ALWAYS THE MOST PLEASANT TOPIC, BUT IT IS NECESSARY. LET'S GET TOGETHER AND BRAINSTORM WAYS TO SET GOALS AND MEDICAL PREFERENCES WHILE KEEPING OUR VALUES. A SPECIAL GUEST FROM OUR OWN CAMPUS WILL BE JOINING US WITH SOME GOOD RESOURCES AND WORDS OF WISDOM!

30 MON. (R52) 10:30 AM ARMCHAIR TRAVEL NETHERLANDS

TAKE A JOURNEY TO NETHERLANDS 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.
NOV: 1, 8, 15, 22, 29

(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.
NOV: 2, 9, 16, 23, 30

(RR) EVERY THURSDAY AT 6:00 PM BIBLE SUNSET MINISTRIES

EXPERIENCE SPIRITUAL GROWTH AND VIBRANT BIBLE DISCUSSIONS BY JOINING SUNSET MINISTRIES AT RIDGECREST! DON'T MISS THIS OPPORTUNITY TO DEEPEN YOUR FAITH AND CONNECT WITH OTHERS.
NOV: 5, 12, 19, 26

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

ENJOY A FAITH BASED MOVIE WITH SUE D: A JOYFUL NOISE.

2 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 3RD
BLOOD PRESSURE CLINIC HELD IN THE ROOST 52 AT THE TOWN CENTER ON THE 17TH

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.
NOV: 2, 9, 16, 23, 30

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

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

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

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

18 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.

18 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.

19 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.

19 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.

23 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!

24 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.

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.