



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>(1) Cognitive/Creative (2) Physical (3) Productive (4) Social (5) Sensory (6) Reflective/Spiritual (7) Outdoor (8) Nature/Natural World</p>		<p>1 New Year's Day 10:00 Strength & Balance 2 10:30 Morning Devotions 6 11:15 Brain Aerobics 2 11:30 Daily Chronicles 1 2:00 Table Games 1 3:00 Bingo 1</p>	<p>2 Birthday Party Monarch Butterfly Day 10:00 Devotions w/ Nancy 6 10:30 Music w/ Robert Cardwell 6 11:15 Daily Chronicles 6 12:00 Captain's Table 4 2:00 Birthday Celebration 4 3:00 Flight of the Butterfly Movie 8</p>	<p>3 Western dress Day Country Store 10:00 Strength & Balance 2 11:00 Morning Devotions 6 11:15 Daily Chronicles 6 1:30 Men's Bunch / Western 4 2:00 Country Store 3 3:00 Queen for a Day 4</p>	<p>4 Lunch Outing Tom Thumb Day 10:00 Morning Devotions 6 10:30 Sit & Fit 2 11:00 Brain Aerobics 1 11:30 Carol's Place 4 2:00 Endless Trivia 1 3:00 The Greatest Showman 4</p>	<p>5 10:00 Daily Chronicles 1 10:30 Table Games 1 3:00 Music w/ Billy Taylor 4 6:30 Resident's Reading Club 1</p>
<p>6 10:00 Calvary Chapel 6 2:00 Board Games 1</p>	<p>7 10:00 Devotions w / Jamie 6 10:30 Sit & Fit 2 11:00 Daily Chronicles 1 11:30 Coffee Break 4 1:30 Cookbook Connect 3 2:00 Burns & Allen Movie 4 3:00 Residents Rights Bingo 1</p>	<p>8 Elvis Day 10:00 Strength & Balance 2 11:00 Morning Devotions 6 11:15 Brain Aerobics 1 11:30 Daily Chronicles 1 2:00 Music w/ Nick Blanton 6 3:00 Elvis Social 4 4:00 You be the Judge 1</p>	<p>9 10:00 Devotions w/Nancy 6 10:30 Morning Stretch 2 11:00 Daily Chronicles 6 1:30 Library Trip 3 2:00 Wacky Winter Game w Staff 4 3:00 Paper Doll Fashion Show 2</p>	<p>10 10:00 Strength & Balance 2 11:00 Morning Devotions 6 11:15 Daily Chronicles 1 1:30 Men's Bunch /Game Day 4 2:00 Houseplant Social 8 3:00 Bingo 1 6:30 Jesus Hands 6</p>	<p>11 Eat Your Oats Day 10:00 Morning Devotions 6 10:30 Sit & Fit 2 11:00 Brain Aerobics 1 11:30 Daily Chronicles 1 2:00 Oats & Grain Social 4 4:00 Puzzles 1</p>	<p>12 10:30 Morning Stretch 2 1:30 Wings on Prayer 6 3:00 Resident's Bingo 1 6:30 Resident's Reading Club 1</p>
<p>13 10:00 Grace Assembly 6 2:30 Dennis From TRBC 6 3:30 Checkers 1</p>	<p>14 10:00 Devotions w/Jamie 6 10:30 Sit & Fit 2 11:00 Daily Chronicles 1 11:30 Coffee Break 4 1:00 Movie Trip 7 3:00 Bingo 1</p>	<p>15 10:00 Strength & Balance 2 11:00 Morning Devotions 6 11:15 Brain Aerobics 1 11:30 Daily Chronicles 1 2:00 Bingo 1 3:00 Wine & Cheese Party 4 4:00 What would you Do? 1</p>	<p>16 Hello Dolly Day 10:00 Devotions w/ Nancy 6 10:30 Morning Stretch 2 11:00 Daily Chronicles 1 2:00 Hello Dolly Movie 4 3:00 Crafting Time 2 4:00 Penny Ante 1</p>	<p>17 10:00 Strength & Balance 2 11:00 Devotion/Dick/Norma 6 11:15 Daily Chronicles 1 2:00 Men's Bunch / Movie Time 4 3:00 Music w/ McKinley 4</p>	<p>18 10:00 Wayne & Milinda Underwood 6 10:30 Sit & Fit 2 11:00 Brain Aerobics 1 11:30 Daily Chronicles 1 2:00 Thesaurus Word Games 6 3:00 Popcorn Social 4</p>	<p>19 10:00 Devotions w/ Michelle 6 3:00 Music w/ Keith Campbell 4 6:30 Resident's Reading Club 1</p>
<p>20 10:00 Calvary Chapel 6 2:00 Board Games 1</p>	<p>21 MLK Jr. Day 10:00 Devotions w/ Jamie 6 10:30 Sit & Fit 4 11:00 Daily Chronicles 1 11:30 Coffee Break 4 2:00 MLK Jr. Social 4 3:00 Bingo 1</p>	<p>22 10:00 Strength & Balance 2 11:00 Morning Devotions 6 11:15 Brain Aerobics 1 11:30 Daily Chronicles 1 2:00 Post Christmas Fashion Show 2 3:00 Wine & Cheese Party 4 4:00 Scrabble Slam Game 1</p>	<p>23 National Pie Day 10:00 Devotions w/ Nancy 6 10:30 Morning Stretch 2 11:00 Daily Chronicles 1 1:00 Resident Council 3 2:00 The Irish Girls 4 3:00 Crustless Pie Social 4 4:00 Card Games 4</p>	<p>24 10:00 Strength & Balance 2 11:00 Morning Devotion 6 11:15 Daily Chronicles 1 1:30 Men's Bunch 4 2:00 Bingo 1 3:00 Irish Coffee Social 4</p>	<p>25 Lunch Outing 10:00 Morning Devotions 6 10:30 Sit & Fit 1 11:00 Brain Aerobics 1 11:30 Big Licks 4 2:00 Coffee & Trivia Social 4 3:00 101 Dalmatians Movie 4 6:30 Music w/ Gary Witt 4</p>	<p>26 10:00 Morning Stretch 2 3:00 Board Games 1 6:30 Book Club 1</p>
<p>27 10:00 Grace Assembly 6 2:30 Wayne & Milinda 6</p>	<p>28 10:00 Devotions w/ Jamie 6 10:30 Sit & Fit 2 11:00 Daily Chronicles 1 11:30 Coffee Break 4 2:00 Cooking w/ Graham 5 3:00 Cookbook Connect 3</p>	<p>29 10:00 Strength & Balance 2 11:00 Morning Devotions 6 11:15 Brain Aerobics 1 11:30 Daily Chronicles 1 2:00 Table Games 1 3:00 Wine & Cheese Party 4 4:00 Giant Scrabble Game 1</p>	<p>30 Spare Dare 10:00 Devotions w/ Nancy 6 10:30 Light & Lively 2 11:00 Daily Nostalgia 1 2:00 Bowling Trip 2 3:00 Crafting Time 2 4:00 Uno Card Game 1</p>	<p>31 Team Jersey Day 10:00 Strength & Balance 2 11:00 Morning Devotions 6 11:15 Daily Chronicles 1 1:30 Men's Bunch 4 2:00 Maier Museum Trip 7 3:00 Bingo 1</p>		
			<p>Manicures Monday, Wednesday, Friday 1:00 - 2:00</p> 	<p>Van Ride Mon. Wed. Thur. Fri 1:00 p.m.</p> 	<p>Activities are 30-60 min. each. Any changes will be made to our main calendar board.</p>	<p>Family & Friends are encouraged to participate in our activities or outings. If you are interested please contact Sheryl Hunt 477-5929</p> 



Heritage Green Leadership Team

Heather Pippen
Assisted Living Administrator

Alice Waller— LPN
Resident Care Director
Debbie Brown—Memory Care
Cheryl Knight— Assisted Living
Associate Resident Care Directors

Waddell Hill
Environmental Services Director

Gena Callahan
Marketing & Admissions Director

Melody Thomas
Business Office Director

Clarissa Chapman -Memory Care
Sheryl Hunt—Assisted Living
Life Enrichment Directors

Graham Wilson
Dining Services Director



Carol's Place for Lunch -1/4
Lynchburg Library—1/9
Venue Cinema—14
Big Licks for Lunch -1/25



January Birthdays

Arlene Woodward 1/3

Bettye Whitney 1/6



Join Us...

Join us on Tuesday's for our Wine,
Juice And Cheese Party at 3 p.m.



Heritage Green Assisted Living
200 & 201 Lillian Lane
Lynchburg VA 24502