





# Assisted Living Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>2</p> <p>Hydration Cart Room visits &amp; Mail Delivery</p> <p>Menu Week 2</p>	<p>6</p> <p>9:00am Morning Greetings 9:30am Balloon Toss DR 10:00am Manicures DR 1:00pm Conversation with Family IR 3:00pm Bowling DR</p>	<p>4</p> <p>9:00am Morning Greetings 9:30am Pom-Pom Race DR 10:00am Bingo DR 1:00pm Conversation with Family IR 3:00pm Porch Time</p>	<p>5</p> <p>9:00am Morning Greetings 9:30am Walking Club-Around the Building 10:30am Arts &amp; Crafts DR 1:00pm Conversation with Family IR 3:00pm Hymn Songs DR 6:00pm Night Time Snack Cart IR</p>	<p>6</p> <p>9:00am Morning Greetings 9:30am Bean Bag toss DR 10:30am Chapel DR 1:00pm Conversation with Family IR 3:00pm Bingo DR</p>	 <p>7</p> <p>9:00am Morning Greetings 9:30am Bubble Wands P 10:00am Book Club DR 1:00pm Conversation with Family IR 3:00pm Ice Cream Cart IR</p>	<p>1</p> <p>Room visits Activity Packets Mail Delivery</p> <p>8</p> <p>Room visits Activity Packets Mail Delivery</p>
<p>9</p> <p>Snack Cart Room visits &amp; Mail Delivery</p> <p>Menu Week 3</p>	<p>10</p> <p>9:00am Morning Greetings 9:30am Resident Council Room to Room 1:00pm Conversation with Family IR 3:00pm Manicures DR</p>	<p>11</p> <p>9:00am Morning Greetings 9:30am Stretching with Bands DR 10:00am Bingo DR 1:00pm Conversation with Family IR 3:00pm Word Pictures DR</p>	<p>12</p> <p>9:00am Morning Greetings 9:30am Walking Club-Around the Building 10:00am Arts and Crafts DR 1:00pm Conversation with Family IR 3:00pm Game Hour DR</p>	<p>13</p> <p>9:00am Morning Greetings 9:30am Ring Toss DR 10:30am Chapel DR 1:00pm Conversation with Family IR 3:00pm Bingo DR</p>	<p>14</p> <p>9:00am Morning Greetings 9:30am Balloon Toss DR 10:00am Book Club DR 1:00pm Conversation with Family IR 3:00pm Cookie Cart IR</p>	<p>15</p> <p>Room visits Activity Packets Mail Delivery</p>
<p>16</p> <p>Hydration Cart Room visits &amp; Mail Delivery</p> <p>Menu Week 4</p>	<p>17</p> <p>9:00am Morning Greetings 9:30am Balloon Toss DR 10:00am Manicures DR 1:00pm Conversation with Family IR 3:00pm Choice your Puzzle... DR</p>	<p>18</p> <p>9:00am Morning Greetings 9:30am Moving with the Music DR 10:00am Bingo DR 1:00pm Conversation with Family IR 3:00pm Trivia DR</p>	<p>19</p> <p>9:00am Morning Greetings 9:30am Walking Club-Around the Building 10:00am Arts and Crafts DR 1:00pm Conversation with Family IR 3:00pm Pick your Game Time DR 6:00pm Night Time Snack Cart IR</p>	<p>20</p> <p>9:00am Morning Greetings 9:30am Pom-Pom Race DR 10:30am Chapel DR 1:00pm Conversation with Family IR 3:00pm Bingo DR</p>	<p>21</p> <p><u>National Senior Citizens Day</u> Do want you want to today and everyday! We are so grateful to be able to spend this time with you how you choose</p> <p>10:00am Book Club DR 1:00pm Conversation with Family IR 3:00pm Monthly Birthday Cart IR</p>	<p>22</p> <p>Room visits Activity Packets Mail Delivery</p>
<p>23</p> <p>Snack Cart Room visits &amp; Mail Delivery</p> <p>Menu Week 5</p>	<p>24</p> <p>9:00am Morning Greetings 9:30am Pom-Pom Bocce DR 10:00am Manicures DR 1:00pm Conversation with Family IR 3:00pm Hydration Cart H/IR</p>	<p>25</p> <p>9:00am Morning Greetings 9:30am Beach Ball Play DR 10:00am Bingo DR 1:00pm Conversation with Family IR 3:00pm Hymn Songs DR</p>	<p>26</p> <p>9:00am Morning Greetings 9:30am Walking Club-Around the Building 10:00am Arts and Crafts DR 1:00pm Conversation with Family IR 3:00pm Puzzles and Games DR</p>	<p>27</p> <p>9:00am Morning Greetings 9:30 Balloon Toss DR 10:30am Chapel DR 1:00pm Conversation with Family IR 3:00pm Bingo DR</p>	<p>28</p> <p>9:00am Morning Greetings 9:30am Stretching with Bands DR 10:00am Book Club DR 1:00pm Conversation with Family IR 2:00– 4:00pm Floating Luau 7WS</p>	<p>29</p> <p>Room visits Activity Packets Mail Delivery</p>
<p>30</p> <p>Hydration Cart Room visits &amp; Mail Delivery</p> <p>Menu Week 1</p>	<p>31</p> <p>9:00am Morning Greetings 9:30am Ring Toss DR 10:00am Manicures DR 1:00pm Conversation with Family IR 3:00pm Would you rather? DR</p>		 <p>1199 Hayes Forest Dr Winston-Salem, NC 27106</p>		<p><u>Reminder</u></p> <p>Aquatic Therapy will begin this month if your interested in future classes please let Activity staff know to get you signed up!</p>	<p><u>Activity Key</u></p> <p>IR– In-room H–Hallway DR– Dining room 7WS– 7 West Solarium P–Porch off of 6 West</p>

\*All Activities are subject to Change\*