



# August 2022

# Brookridge Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 336-759-1044 A Baptist Retirement Homes Community 1199 Hayes Forest Dr. Winston-Salem, NC 27106	1 9:00am Morning Greeting 9:30am Exercise Group LR 10:00am Daily Chronicle B 1:00pm Independent Time IR 3:00pm Music & Manicures LR	2 9:00am Morning Greetings 9:30 Chair Yoga LR 10:00am Devotional B 1:00pm Variety Time LR 3:00pm Bingo 7WS	3 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club H 10:00am Today in History B 1:00pm Independent Time IR 3:00pm Arts & Crafts 7WS	4 9:00am Morning Greetings 9:30am Meditation Time LR 10:15am Prayer Circle DR 10:30am Chapel DR 3:00pm Bingo DR	5 9:00am Morning Greetings 9:30am Daily Chronical B 10am Resident Council DR 1:00pm Room Visits IR 2:00pm Movie Matinee LR	6 Activity Pack B 2pm Skip-BO LR
7 11am First Baptist on Fifth Church Live Stream 3pm Puzzles LR Menu Week 4	8 9:00am Morning Greeting 9:30am Exercise Group LR 10:00am Daily Chronicle B 1:00pm Independent Time IR 3:00pm Music & Manicures LR	9 9:00am Morning Greetings 9:30 Beach Ball Toss LR 10:00am Devotional B 1:00pm Variety Time LR 3:00pm Bingo 7WS	10 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club H 10:00am Daily Chronical B 1:00pm Current Events IR 3:00pm Arts & Crafts DR	11 9:00am Morning Greetings 9:30am Breathing Exercise LR 10:15am Worship Music DR 10:30am Chapel DR 3:00pm Bingo DR	12 9:00am Morning Greetings 9:30am Stretching LR 10:00am Ladies Group 7WS 1:00pm August in History H 3:00pm Arm Chair Travel 7WS 6:00pm Front Porch Gathering P	13 Activity Pack B 2pm Skip-BO LR
14 11am First Baptist on Fifth Church Live Stream 3pm Movie Time Menu Week 5	15 9:00am Morning Greeting 9:30am Exercise Group LR 10:00am Daily Chronicle B 1:00pm Independent Time IR 3:00pm Music & Manicures LR	16 9:00am Morning Greetings 9:30 Chair Yoga LR 10:00am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR	17 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club H 10:00am Today in History B 1:00pm Independent Time IR 3:00pm Recipe Prep 7WS	18 9:00am Morning Greetings 9:30am Meditation Time LR 10:15am Prayer Circle DR 10:30am Chapel DR 3:00pm Bingo DR	19 9:00am Morning Greetings 9:30am Wellness Routine LR 10:00am Men's Group 7WS 1:00pm Puzzles DR 2:30pm Luau Party 7WS	20 Activity Pack B 2pm Skip-BO LR
21 11am First Baptist on Fifth Church Live Stream 3pm Puzzles LR Menu Week 1	22 9:00am Morning Greeting 9:30am Exercise Group LR 10:00am Daily Chronicle B 1:00pm Independent Time IR 3:00pm Music & Manicures LR	23 9:00am Morning Greetings 9:30 Beach Ball Toss LR 10:00am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR	24 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club H 10:00am Daily Chronical B 1:00pm Current Events IR 3:00pm Arts & Crafts DR	25 9:00am Morning Greetings 9:30am Breathing Exercise LR 10:15am Worship Music DR 10:30am Chapel DR 3:00pm Bingo DR	26 9:00am Morning Greetings 9:30am Stretching LR 10:00am Ladies Group 7WS 1:00pm Devotional B 3:00pm Smoothie Cart IR 6:00pm Front Porch Sitting P	27 Activity Pack B 2pm Skip-BO LR
28 11am First Baptist on Fifth Church Live Stream 3pm TV Time Menu Week 2	29 9:00am Morning Greeting 9:30am Exercise Group LR 10:00am Daily Chronicle B 1:00pm Independent Time IR 3:00pm Music & Manicures LR	30 9:00am Morning Greetings 9:30 Chair Yoga LR 10:00am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR	31 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club H 10:00am Today in History B 1:00pm Independent Time IR 3:00pm Arts & Crafts DR			<b>Activity Key</b> IR– In-room H–Hallway B–Bulletin Board DR– Dining room 7WS– 7 West Solarium P–Porch off of 6 West *All Activities are subject to Change*