



Brookridge Assisted Living Activities

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Key IR– In-room B-Bulletin Board DR– Dining room O-Outing 7WS– 7 West Solarium P-Porch off of 6 West *All Activities are subject to Change*</p>			<p>We would like to give a special Thanks to Our Therapy Team Along with Our Environmental Service Team as we Celebrate their hard work this month!</p> <p>Assisted Living Week 11-17</p>	<p>1 9:00am Morning Greetings 9:30am Exercise LR 10:00am Daily Chronical LR 1:00pm Independent Time 3:00pm Bingo DR</p>	<p>2 9:00am Morning Greetings 9:30am Resident Council DR 10:30am Chapel DR 1:00pm Room Visits IR 3:00pm Dominoes LR 6:00pm Front Porch Sitting P</p>	<p>3 Activity Pack B Room Visits 2pm Skip-BO LR</p>
<p>4 11am First Baptist on Fifth Church Live Stream 3pm Puzzles LR</p>	<p>5 Labor Day 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 10:30 Patio- Games 3:00pm Music & Manicures IR</p>	<p>6 9:00am Morning Greetings 9:30 Beach Ball Toss LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>7 Beauty Shop Day 9:00am Morning Greetings 9:30am Walking Club 10:00am Today in History B 1:00pm Room Visits IR 3:00pm Arts & Crafts 7WS</p>	<p>8 9:00am Morning Greetings 9:30am Noddle Balloon LR 10:15am Hymn Singing DR 10:30am Chapel DR 3:00pm Bingo DR</p>	<p>9 9:00am Morning Greetings 9:30am Stretching LR 10:00am Bocce Ball LR 1:00pm Room Visits IR 2:00pm Movie & Popcorn LR 6:00 Front Porch Rocking P</p>	<p>10 Activity Pack B 2pm Skip-BO LR</p>
<p>11 11am First Baptist on Fifth Church Live Stream 3pm Movie Time LR</p>	<p>12 Happy Assisted Living Week 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures IR</p>	<p>13 9:00am Morning Greetings 9:30 Noddle Balloon LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>14 Beauty Shop Day 9:00am Morning Greetings 9:30am Walking Club 10:00am Today in History B 1:00pm Independent Time IR 3:00pm Milkshakes 7WS</p>	<p>15 9:00am Morning Greetings 9:30am Exercise LR 10:15am Worship Music DR 10:30am Chapel DR 3:00pm Bingo DR</p>	<p>16 9:00am Morning Greetings 9:30am Choose Your Exercise LR 10:00am Daily Chronical LR 1:00pm Room Visits IR 3:00pm Bowling DR</p>	<p>17 Activity Pack B 2pm Skip-BO LR</p>
<p>18 Happy Grandparents Day! 11am First Baptist on Fifth Church Live Stream 3pm Brain Teasers B</p>	<p>19 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Independent Time IR 3:00pm Music & Manicures IR</p>	<p>20 9:00am Morning Greetings 9:30am Stretching LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>21 Beauty Shop Day 9:00am Morning Greetings 9:30am Walking Club 10:00am Today in History B 1:00pm Room Visits IR 3:00pm Arts & Crafts 7WS</p>	<p>22 First Day Of Autumn 9:00am Morning Greetings 9:30am Noddle Balloon LR 10:15am Hymn Singing DR 10:30am Chapel DR 3:00pm Bingo DR</p>	<p>23 9:00am Morning Greetings 9:30am Chair Yoga LR 11:30am North Point Grill-O 1pm September in History B 3:00pm Arm Chair Travel 7WS</p>	<p>24 Activity Pack B 2pm Skip-BO LR</p>
<p>25 11am First Baptist on Fifth Church Live Stream 3pm Puzzles LR</p>	<p>26 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures IR</p>	<p>27 9:00am Morning Greetings 9:30am Chair Yoga LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>28 Beauty Shop Day 9:00am Morning Greetings 9:30am Walking Club 10:00am Today in History B 1:00pm Independent Time 3:00pm Arts & Crafts 7WS</p>	<p>29 9:00am Morning Greetings 9:30am Exercise LR 10:15am Worship Music DR 10:30am Chapel DR 3:00pm Bingo DR</p>	<p>30 9:00am Morning Greetings 9:30am Stretching LR 10:00am Daily Chronical LR 10:30am Corn Hole DR 1:00pm Variety Time LR 3:00pm Birthday Party 7WS</p>	 <p>336-759-1044 A Baptist Retirement Homes Community 1199 Hayes Forest Dr. Winston-Salem, NC 27106</p>