

# January 2023



# Brookridge Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11am First Baptist on Fifth Church Live Stream LR 3pm Puzzles LR Menu Week 5	2 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures	3 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	4 <b>Beauty Shop</b> 9:00am Morning Greetings 9:30am Walking Club 10:00am Today in History 1:00pm Room Visits IR 3:00pm Arts & Crafts DR	5 9:00am Morning Greetings 9:30am Noddle Balloon LR 10:15am Hymn Singing DR 10:30am Chapel DR 3:00pm Bingo DR	6 9:00am Morning Greetings 9:30am Exercise LR 10:00am Resident Council DR 1:00pm January in History B 3:00pm Corn Hole DR	7 Room Visits Activity Packets Mail Delivery
8 11am First Baptist on Fifth Church Live Stream LR 3pm Packets B Menu Week 1	9 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures	10 9:00am Morning Greetings 9:30am Seated Stretching LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR	11 <b>Beauty Shop</b> 9:00am Morning Greetings 9:30am Walking Club 10:00am Today in History 1:00pm Room Visits IR 3:00pm Arts & Crafts DR	12 9:00am Morning Greetings 9:30am Balloon Toss LR 10:15am Hymn Singing DR 10:30am Chapel DR 3:00pm Bingo DR	13 9:00am Morning Greetings 9:30am Exercise LR 11:30am Little Richards O 2:00pm Book Club LR 3:00pm Jeopardy LR	14 Skip-Bo 2pm
15 11am First Baptist on Fifth Church Live Stream LR 3pm Puzzles LR Menu Week 2	16 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures	17 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	18 <b>Beauty Shop</b> 9:00am Morning Greetings 9:30am Walking Club 10:00am Today in History 1:00pm Room Visits IR 3pm Dandy Don Cowboy 7WS	19 9:00am Morning Greetings 9:30am Balloon Toss LR 10:15am Hymn Singing DR 10:30am Chapel DR 3:00pm Bingo DR	20 9:00am Morning Greetings 9:30am Exercise LR 10:30am Bocce Ball LR 1:00pm Independent Time 3:00pm Arm Chair Travel 7WS	21 Room Visits Activity Packets Mail Delivery
22 11am First Baptist on Fifth Church Live Stream LR 3pm Packets B Menu Week 3	23 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures	24 9:00am Morning Greetings 9:30am Balloon Toss LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:15pm Bingo DR	25 <b>Beauty Shop</b> 9:00am Morning Greetings 9:30am Walking Club 10:00am Today in History 1:00pm Room Visits IR 3:00pm Arts & Crafts DR	26 9:00am Morning Greetings 9:30am Noddle Balloon LR 10:15am Hymn Singing DR 10:30am Chapel DR 3:00pm Bingo DR	27 9:00am Morning Greetings 9:30am Exercise LR 10:00am Shuffle Board DR 1:00pm Independent Time 3:00pm Birthday Party 7WS	28 Skip-Bo 2pm
29 11am First Baptist on Fifth Church Live Stream LR 3pm Puzzles LR Menu Week 4	30 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures	31 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			<b>Activity Key</b> LR-Living Room IR- In-room B-Bulletin Board DR- Dining room O-Outing 7WS- 7 West Solarium *All Activities are subject to Change*	<b>BROOKRIDGE</b> A THRIVE MORE COMMUNITY 336-759-1044 1199 Hayes Forest Dr. Winston-Salem, NC 27106