



# BROOKRIDGE HEALTHCARE ACTIVITIES

# JANUARY 2023



| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|---|---|--|---|--|---|---|
| <b>1</b> New Years Day<br><b>Hydration Cart</b><br><b>Package Deliveries</b><br><b>Room Visits</b><br>Menu Week 5 | <b>2</b><br>9:00am Morning Greetings<br>10:00am Manicures DR<br>1:00pm Game Table DR<br>3:00pm Mini Manicures IR                                    | <b>3</b> 9:00am Morning Greetings<br>10:15am Worship Music<br>10:30am Chapel 7WS<br>1:00pm Word Puzzles DR<br>3:00pm Bingo 7WS         | <b>4</b><br>9:00am Morning Greetings<br>10am Seasonal Décor Change<br>1:00pm Room Visits IR<br>3:00pm Elvis Movie-Clam Bake | <b>5</b><br>9:00am Morning Greetings<br>10:15am Bingo 7WS<br>1:00pm Activities Choice<br>3:00pm Balloon Toss DR    | <b>6</b><br>9:00am Morning Greetings<br>10:00am Men's Group 7WS<br>1:00pm Coloring Pages DR<br>3:00pm Hot Cocoa Cart IR                                       | <b>7</b><br><b>Bingo 10am</b><br><b>Room Visits</b><br><b>Mail Delivery</b>   |
| <b>8</b><br><b>Hydration Cart</b><br><b>Package Deliveries</b><br><b>Room Visits</b><br>Menu Week 1               | <b>9</b><br>9:00am Morning Greetings<br>10:00am Manicures DR<br>1:00pm Room Visits<br>3:00pm Hand Massages IR                                       | <b>10</b> 9:00am Morning Greetings<br>10:00am Hymn Sing Along 7WS<br>10:30am Chapel 7WS<br>1:00pm Mini Sudoku DR<br>3:00pm Bingo 7WS   | <b>11</b><br>9:00am Morning Greetings<br>10am Resident Council 7WS<br>1:00pm Room Visits IR<br>3:00pm Arts & Crafts DR      | <b>12</b><br>9:00am Morning Greetings<br>10:15am Bingo 7WS<br>1:00pm Activities Choice<br>3:00pm Shuffle Board 7WS | <b>13</b><br>9:00am Morning Greetings<br>10:00am Ladies Group 7WS<br>1:00pm Puzzles DR<br>3:00pm Checkers DR  | <b>14</b><br><b>Game Table &amp;</b><br><b>Music in the Dining Room</b><br><b>Mail Delivery</b>                               |
| <b>15</b><br><b>Game Table</b><br><b>Package Deliveries</b><br><b>Room Visits</b><br>Menu Week 2                  | <b>16</b> <i>Martin Luther King Jr. Day</i><br>9:00am Morning Greetings<br>10:00am Manicures DR<br>1:00pm Game Table DR<br>3:00pm Mini Manicures IR | <b>17</b> 9:00am Morning Greetings<br>10:15am Worship Music<br>10:30am Chapel 7WS<br>1:00pm Fill in the Blank DR<br>3:00pm Bingo 7WS   | <b>18</b><br>9:00am Morning Greetings<br>10:00am Exercise Group 7WS<br>1:00pm Room Visits IR<br>3pm Dandy Don Cowboy 7WS    | <b>19</b><br>9:00am Morning Greetings<br>10:15am Bingo 7WS<br>1:00pm Activities Choice<br>3:00pm Bocce Ball 7WS    | <b>20</b><br>9:00am Morning Greetings<br>10:00am Men's Group 7WS<br>1:00pm Connect Four DR<br>3:00pm Arm Chair Travel 7WS                                     | <b>21</b><br><b>Activity Packets</b><br><b>Mail Delivery</b><br><b>Room Visits</b>  |
| <b>22</b><br><b>Hydration Cart</b><br><b>Package Deliveries</b><br><b>Room Visits</b><br>Menu Week 3              | <b>23</b><br>9:00am Morning Greetings<br>10:00am Manicures DR<br>1:00pm Room Visits<br>3:00pm Hand Massages IR                                      | <b>24</b> 9:00am Morning Greetings<br>10:00am Hymn Sing Along 7WS<br>10:30am Chapel 7WS<br>1:00pm Jigsaw Puzzle DR<br>3:00pm Bingo 7WS | <b>25</b><br>9:00am Morning Greetings<br>10:00am Price is Right 7WS<br>1:00pm Room Visits IR<br>3:00pm Arts & Crafts 7WS    | <b>26</b><br>9:00am Morning Greetings<br>10:15am Bingo 7WS<br>1:00pm Activities Choice<br>3:00pm Big Ball 7WS      | <b>27</b><br>9:00am Morning Greetings<br>10:00am Ladies Group 7WS<br>1:00pm Trivia DR<br>3:00pm Birthday Party 7WS  | <b>28</b><br><b>Bingo 10am</b><br><b>Room Visits</b><br><b>Mail Delivery</b>  |
| <b>29</b><br><b>Hydration Cart</b><br><b>Package Deliveries</b><br><b>Room Visits</b><br>Menu Week 4              | <b>30</b><br>9:00am Morning Greetings<br>10:00am Manicures DR<br>1:00pm Game Table DR<br>3:00pm Mini Manicures IR                                   | <b>31</b> 9:00am Morning Greetings<br>10:15am Worship Music<br>10:30am Chapel 7WS<br>1:00pm Crosswords DR<br>3:00pm Bingo 7WS          |   |  | <b>Activity Key</b><br>IR- In-room<br>H-Hallway<br>DR- Dining room<br>7WS- 7 West Solarium<br>P-Porch off of 6 West<br>*All Activities are subject to Change* | <p><b>BROOKRIDGE</b><br/>A THRIVEMORE COMMUNITY</p> <p>336-759-1044<br/>1199 Hayes Forest Dr.<br/>Winston-Salem, NC 27106</p> |