

February 2023



Brookridge Mindful Impression Activities

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|--|---|--|--|--|--|--|
| | | | 1 8:45am Morning Greetings 9:00am Volley Ball Toss 10:30am Jewelry Making 2:30pm One on One's 3:30pm Big Ball 6:00pm Hymn Sing Along | 2 8:45am Morning Greetings 9:00am Exercise Video 10:30am Noodle Balloon 2:30pm Bible Trivia 3:30pm Bocce Ball 6:00pm 50's Love Songs | 3 8:45am Morning Greetings 9:00am Walking Club 10:30am Finish the Lyrics 2:30pm Room Visits 3:30pm Kickball 6:00pm Music Buddy Holly | 4 8:45am Morning Greetings 9:00am Exercise Group 10:30am Word Pictures 2:30pm Reminiscing 3:30pm Balloon Toss 6:00pm Devotional Time | |
| 5 8:45am Morning Greetings 9:00am Exercise Group 11:00am Church Program 2:30pm Reminiscing 3:30pm Big Ball 6:00pm Story Time | 6 8:45am Morning Greetings 9:00am Exercise Group 10:30am Hand Massages 2:30pm One on One Time 3:30pm Bingo 6:00pm Musical Melodies | 7 8:45am Morning Greetings 9:00am Balloon Toss 10:30am Fill in the <u>Blank</u> 2:30pm Room Visits 3:30pm Bowling 6:00pm Music by Glenn Miller | 8 8:45am Morning Greetings 9:00am Stretching 10:30am Heart Trees 2:30pm Fashion Recall 3:30pm Corn Hole 6:00pm Finish the Lyrics | 9 8:45am Morning Greetings 9:00am Chair Yoga 10:30am Remember When? 2:30pm Riddle Me This Trivia 3:30pm Bingo 6:00pm Country Music | 10 8:45am Morning Greetings 9:00am Walking Club 10:30am Famous Black Inventors 2:30pm Room Visits 3:30pm Croquet 6:00pm Best of The Supremes | 11 8:45am Morning Greetings 9:00am Exercise Group 10:30am Postcard Matching 2:30pm Reminiscing 3:30pm Big Ball 6:00pm Devotional Time | |
| 12 8:45am Morning Greetings 9:00am Exercise Group 11:00am Church Program 2:30pm Reminiscing 3:30pm Card Game 6:00pm Story Time | 13 8:45am Morning Greetings 9:00am Exercise Group 10:30am Manicures 2:30pm One on One Time 3:30pm Ring Toss 6:00pm Musical Melodies | 14 8:45am Morning Greetings 9:00am Chair Yoga 10:30am Name 10 2:30pm Room Visits 3:30pm Basketball 6:00pm Music by Five Satins | 15 8:45am Morning Greetings 9:00am Moving with the Music 10:30am Suncatchers 2:30pm Read my List- Trivia 3:30pm Seated Soccer 6:00pm Name that Tune | 16 8:45am Morning Greetings 9:00am Stretching 10:30am How many Words 2:30pm Bible Reading-1Corinthians 3:30pm Big Yahtzee 6:00pm Music by Riches Valens | 17 8:45am Morning Greetings 9:00am Exercise Bands 10:30am Large Dominos 2:30pm Room Visits 3:00pm Arm Chair Travel 6:00pm James Brown Music | 18 8:45am Morning Greetings 9:00am Exercise Group 10:30am Jeopardy 2:30pm Reminiscing 3:30pm Corn Hole 6:00pm Devotional Time | |
| 19 8:45am Morning Greetings 9:00am Exercise Group 11:00am Church Program 2:30pm Reminiscing 3:30pm Checkers 6:00pm Story Time | 20 8:45am Morning Greetings 9:00am Exercise Group 10:30am Hand Massages 2:30pm One on One Time 3:30pm Bingo 6:00pm Musical Melodies | 21 8:45am Morning Greetings 9:00am Volleyball Toss 10:30am How Many Words 2:30 Room Visits 3:30pm Bocce Ball 6:00pm Music The Monotones | 22 8:45am Morning Greetings 9:00am Stretching 10:30am Performance Ronnie Conway 2:30pm One on One's 3:30pm Noodle Balloon 6:00pm Hymn Sing Along | 23 8:45am Morning Greetings 9:00am Seated Soccer 10:30am Bingo 2:30pm Read my List-Trivia 3:30pm Ring Toss 6:00pm Jazz Music | 24 8:45am Morning Greetings 9:00am Moving with the Music 10:00am Name that Tune 2:30pm Room Visits 3:00pm Birthday Party 6:00pm Number 1 Hits | 25 8:45am Morning Greetings 9:00am Exercise Group 10:30am Junk Drawer Detective 2:30pm Reminiscing 3:30pm Big Ball 6:00pm Devotional Time | |
| 26 8:45am Morning Greetings 9:00am Exercise Group 11:00am Church Program 2:30pm Reminiscing 3:30pm Connect Four 6:00pm Story Time | 27 8:45am Morning Greetings 9:00am Exercise Group 10:30am Manicures 2:30pm One on One Time 3:30pm Corn Hole 6:00pm Musical Melodies | 28 8:45am Morning Greetings 9:00am Stretching 10:30am Name that Tune 2:30pm Room Visits 3:30pm Putting Greens 6:00pm Music by Frank Sinatra | | | | <p>BROOKRIDGE A THRIVE MORE COMMUNITY</p> <p>336-759-1044 1199 Hayes Forest Dr. Winston-Salem, NC 27106</p> | |