





# Brookridge Assisted Living Activities

# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 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	<b>2 9:00am Morning Greetings</b> 9:30am Balloon Tennis LR 10:30am Chapel DR 1:00pm Variety Time LR 3:00pm Bingo DR	<b>3 9:00am Morning Greetings</b> 9:30am Exercise LR 10:00am Resident Council DR 1:00pm March in History B 3pm Performance by Becky 7WS	<b>4</b> Room Visits Activity Packets Mail Delivery
<b>5</b> 11am First Baptist on Fifth Church Live Stream LR 3pm Puzzles LR Menu Week 4	<b>6 9:00am Morning Greetings</b> 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures	<b>7 9:00am Morning Greetings</b> 9:30am Volley Ball Toss LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR	<b>8 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	<b>9 9:00am Morning Greetings</b> 9:30am Around the World LR 10:30am Chapel DR 1:00pm Variety Time LR 3:00pm Bingo DR	<b>10 9:00am Morning Greetings</b> 9:30am Exercise LR 10:00am Outing 1:00pm Independent Time 3:00pm Words Beginning M	<b>11</b> Skip-Bo 2pm
<b>12</b> 11am First Baptist on Fifth Church Live Stream LR Super Bowl Party 6:30 LR Menu Week 1	<b>13 9:00am Morning Greetings</b> 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures	<b>14 9:00am Morning Greetings</b> 9:30am Bocce Ball LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR	<b>15 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	<b>16 9:00am Morning Greetings</b> 9:30am Corn Hole LR 10:30am Chapel DR 1:00pm Variety Time LR 3:00pm Bingo DR	<b>17 9:00am Morning Greetings</b> 9:30am Exercise LR 10:00am Horse Shoes LR 1:00pm Independent Time 3pm St. Patrick's Day Social 7WS	<b>18</b> Room Visits Activity Packets Mail Delivery
<b>19</b> 11am First Baptist on Fifth Church Live Stream LR 3pm Puzzles LR Menu Week 2	<b>20 9:00am Morning Greetings</b> 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures	<b>21 9:00am Morning Greetings</b> 9:30am Big Ball LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR	<b>22 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	<b>23 9:00am Morning Greetings</b> 9:30am Balloon Tennis LR 10:30am Chapel DR 1:00pm Variety Time LR 3:00pm Bingo DR	<b>24 9:00am Morning Greetings</b> 9:15am Exercise LR 10:00am Jeopardy LR 1:00pm Independent Time 3:00pm Arm Chair Travel 7WS	<b>25</b> Skip-Bo 2pm
<b>26</b> 11am First Baptist on Fifth Church Live Stream LR 3pm Packets B Menu Week 3	<b>27 9:00am Morning Greetings</b> 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures	<b>28 9:00am Morning Greetings</b> 9:30am Horse Shoes LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR	<b>29 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	<b>30 9:00am Morning Greetings</b> 9:30am Around the World LR 10:30am Chapel DR 1:00pm Variety Time LR 3:00pm Bingo DR	<b>31 9:00am Morning Greetings</b> 9:30am Exercise LR 10:00am March Trivia 1:00pm Independent Time 3:00pm Birthday Party 7WS	 <b>BROOKRIDGE</b> A THRIVE MORE COMMUNITY 336-759-1044 1199 Hayes Forest Dr. Winston-Salem, NC 27106