




Brookridge Assisted Living Activities

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures</p>	<p>2 9:00am Morning Greetings 9:30am Around the World LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>3 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History 1:00pm Room Visits IR 3:00pm Cactus Bookmark DR</p>	<p>4 9:00am Morning Greetings 9:30am Balloon Tennis LR 10:30am Chapel 7WS 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>5 Cinco De Mayo 9:00am Morning Greetings 9:30am Exercise LR 11:40am Lunch at Little Richards 1:00pm Independent Time 3:00pm Margaritas 7WS</p>	<p>6 Room Visits Activity Packets</p>	
<p>7 11am First Baptist on Fifth Church Live Stream LR 3pm Puzzles LR Menu Week 3</p>	<p>8 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures</p>	<p>9 9:00am Morning Greetings 9:30am Bean Bag Toss 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>10 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History 1:00pm Room Visits IR 3:00pm Bulletin Board Trivia</p>	<p>11 9:00am Morning Greetings 9:30am Around the World LR 10:30am Chapel 7WS 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>12 13 9:00am Morning Greetings 9:30am Exercise LR 10:00am Turf War 1:00pm Independent Time 3:00pm Corn Hole</p>	<p>13 Room Visits Skip-Bo 2pm</p>
<p>14 Mothers Day 11am First Baptist on Fifth Church Live Stream LR 3pm Packets Menu Week 4</p>	<p>15 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures</p>	<p>16 9:00am Morning Greetings 9:30am Around the World LR 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR</p>	<p>17 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History 1:00pm Room Visits IR 3:00pm Arts & Crafts DR</p>	<p>18 9:00am Morning Greetings 9:30am Dumbbell Exercises 10:30am Chapel 7WS 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>19 20 9:00am Morning Greetings 9:30am Exercise LR 10:00am Horse Shoes 1:00pm Independent Time 3:00pm Armchair Travel</p>	<p>20 Armed Forces Day Activity Packets</p>
<p>21 11am First Baptist on Fifth Church Live Stream LR 3pm Puzzles LR Menu Week 5</p>	<p>22 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures</p>	<p>23 9:00am Morning Greetings 9:30am Noodle Balloon 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>24 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History 1:00pm Room Visits IR 3:00pm Poppy Filed Collage DR</p>	<p>25 9:00am Morning Greetings 9:30am Around the World LR 10:30am Chapel 7WS 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>26 27 9:00am Morning Greetings 9:30am Exercise LR 10:00am Number Ball Bocce 2:00pm Kim Wombaugh Performance- Birthday Party</p>	<p>27 Skip-Bo 2pm</p>
<p>28 11am First Baptist on Fifth Church Live Stream LR 3pm Packets B Menu Week 1</p>	<p>29 Memorial Day 30 9:00am Morning Greetings 9:30am Exercise Group LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures</p>	<p>30 9:00am Morning Greetings 9:30am Stretches & Cooldown 10:00am Daily Chronical LR 10:30am Devotional B 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>31 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History 1:00pm Room Visits IR 3:00pm Arts & Crafts DR</p>		<p>Activity Key LR-Living Room IR- In-room B-Bulletin Board DR-Dining room O-Outing 7WS-7 West Solarium *All Activities are subject to Change</p>	 <p>BROOKRIDGE A THRIVEMORE COMMUNITY</p> <p>336-759-1044 1199 Hayes Forest Dr. Winston-Salem, NC 27106</p>