

# SEPTEMBER 2024 Mindful Impressions Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 9:45 Creativity Boxes 10:30 Gospel Hymns 11:00 Church Service 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 TV Classics	<b>2</b> 9:45 Morning Devotion 10:00 Sing Along 10:30 Creativity Boxes 12:00 Labor Day Hot Dog Lunch 2:00 Kick Ball 3:00 Beauty Shop 4:00 Creativity Boxes 6:00 Evening Wind Down: Musical Melodies	<b>3</b> 9:45 Daily Chronicle 10:00 Chair Exercise 10:30 Creativity Boxes 1:00 Art: Wax Watercolor Painting 2:30 Number Bingo 4:00 Creativity Boxes 6:00 Evening Wind Down: Snack & Show	<b>4</b> 9:45 Mind Joggers 10:00 Cornhole 10:30 Creativity Boxes 1:00 Photo Booth Fun 2:30 Planting Herb Garden 4:00 Creativity Boxes 6:00 Evening Wind Down: Nature Sounds & Aromatherapy	<b>5</b> 9:45 Creativity Boxes 10:30 Chapel 1:00 Art: Pottery 3:30 Mindful Meditation w/ Dana 4:00 Creativity Boxes 6:00 Evening Wind Down: Funny Baby Videos	<b>6</b> 9:45 Daily Chronicle 10:00 Ball Toss 10:30 Creativity Boxes 1:00 Manicures & Massages 3:30 Grandparent's Day Social 4:00 Creativity Boxes 6:00 Popcorn & Movie	<b>7</b> 9:45 Groovin' to the Music 10:30 Creativity Boxes 3:00 Music with Robbie-7S 4:00 Creativity Boxes 6:00 Audio Stories
<b>8</b> 9:45 Creativity Boxes 10:30 Gospel Hymns 11:00 Church Service 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 TV Classics	<b>9</b> 9:45 Morning Devotion 10:00 Sing Along 10:30 Creativity Boxes 2:00 Music with Sid Jackson 3:00 Beauty Shop 4:00 Creativity Boxes 6:00 Evening Wind Down: Musical Melodies	<b>10</b> 9:45 Daily Chronicle 10:00 Dance Party with Scarves 10:30 Creativity Boxes 1:00 Art: Pinecone Craft 2:30 Frozen Yogurt on the Patio 4:00 Creativity Boxes 6:00 Evening Wind Down: Snack & Show	<b>11</b> 9:45 Morning Yoga 10:00 Creativity Boxes 10:30 Lunch Outing: Cagney's 1:00 9/11 Flag Ceremony 2:30 Homemaker's Club 4:00 Creativity Boxes 6:00 Evening Wind Down: Nature Sounds & Aromatherapy	<b>12</b> 9:45 Creativity Boxes 10:30 Chapel 1:00 Art: Aqua Painting 2:00 Music with Will Jones 4:00 Creativity Boxes 6:00 Evening Wind Down: Funny Animal Videos	<b>13</b> 9:45 Daily Chronicle 10:00 Follow your Nose 10:30 Creativity Boxes 1:00 Manicures & Massages 3:00 Karaoke Bash 4:00 Creativity Boxes 6:00 Popcorn & Movie	<b>14</b> 9:45 Groovin' to the Music 10:30 Creativity Boxes 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 Audio Stories
<b>15</b> 9:45 Creativity Boxes 10:30 Gospel Hymns 11:00 Church Service 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 TV Classics	<b>16</b> 9:45 Morning Devotion 10:00 Creativity Boxes 10:30 All About Apples 2:00 Sing Along 3:00 Beauty Shop 4:00 Creativity Boxes 6:00 Evening Wind Down: Musical Melodies	<b>17</b> 9:45 Daily Chronicle 10:00 Football Throw 10:30 Creativity Boxes 1:00 Art: Pumpkin Door Hangers 2:30 Musical Ball 4:00 Creativity Boxes 6:00 Evening Wind Down: Snack & Show	<b>18</b> 9:45 Coffee & Reminiscing in the Courtyard 10:15 Balloon Volleyball 10:30 Creativity Boxes 1:00 Target Toss 3:00 Globe Trotters 4:00 Creativity Boxes 6:00 Evening Wind Down: Nature Sounds & Aromatherapy	<b>19</b> 9:45 Creativity Boxes 10:30 Chapel 1:00 Art: No Sew Throws 3:30 Cooking Up Memories 4:00 Creativity Boxes 6:00 Evening Wind Down: Funny Baby Videos	<b>20</b> 9:45 Daily Chronicle 10:00 Puzzle Pals 10:30 Creativity Boxes 1:00 Manicures & Massages 2:00 Outing: Painting with a Twist 4:00 Creativity Boxes 6:00 Popcorn & Movie	<b>21</b> 9:45 Groovin' to the Music 10:30 Creativity Boxes 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 Audio Stories
<b>22</b> 9:45 Creativity Boxes 10:30 Gospel Hymns 11:00 Church Service 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 TV Classics	<b>23</b> 9:45 Morning Devotion 10:00 Sing Along 10:30 Creativity Boxes 2:30 Music with Mark Mason 3:00 Beauty Shop 4:00 Creativity Boxes 6:00 Evening Wind Down: Musical Melodies	<b>24</b> 9:30 Music Class w/ Roslyn 10:30 Creativity Boxes 1:00 Art: Fall Button Trees 2:30 Fall Pie Tasting 4:00 Creativity Boxes 6:00 Evening Wind Down: Snack & Show	<b>25</b> 9:45 Floor Basketball 10:15 Name That Tune 10:30 Creativity Boxes 1:00 Kinetic Sand 3:30 Cardio Drumming 4:00 Creativity Boxes 6:00 Evening Wind Down: Nature Sounds & Aromatherapy	<b>26</b> 9:45 Creativity Boxes 10:30 Chapel 1:00 Art: Fall Leaves Garland 3:00 Pet Therapy 4:00 Creativity Boxes 6:00 Evening Wind Down: Funny Animal Videos	<b>27</b> 9:45 Daily Chronicle 10:00 Creativity Boxes 10:30 Outing: Krispy Kreme 1:00 Manicures & Massages 3:00 Birthday Party 4:00 Creativity Boxes 6:00 Popcorn & Movie	<b>28</b> 9:45 Groovin' to the Music 10:30 Creativity Boxes 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 Audio Stories
<b>29</b> 9:45 Creativity Boxes 10:30 Gospel Hymns 11:00 Church Service 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 TV Classics	<b>30</b> 9:45 Morning Devotion 10:00 Sing Along 10:30 Creativity Boxes 2:00 Beauty Shop 3:00 S'mores Social 4:00 Creativity Boxes 6:00 Evening Wind Down: Musical Melodies					<b>Brookridge Retirement Community</b> 1199 Hayes Forest Dr. Winston Salem NC 27106 336-759-1044