



# March 2025

# Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Brookridge Assisted Living</b> 336-759-1044 1199 Hayes Forest Drive Winston-Salem, NC 27106</p>			<p>Come join our new Fitness &amp; Wellness Class Weekday mornings At 10:30 in the Living Room</p>			<p><b>1</b> 10:00 Activity Box OYO 2:00 Movie Matinee Channel 1390</p>
<p><b>2</b> 11:00 First Baptist Church On 5th Live Stream LR 6:00 Vespers IL</p>	<p><b>3</b> 9:30 Morning Greetings 10:00 Welcome to March Coffee Chat LR 10:30 Fitness &amp; Wellness LR 2:00 Indoor Horseshoes LR</p>	<p><b>4</b> 9:30 Morning Greetings 10:00 Mardi Gras Craft LR 10:30 Fitness &amp; Wellness LR 2:00 Bingo LR 3:30 Meditation w/ Dana S</p>	<p><b>5</b> 9:30 Morning Greetings 10:00 It's all about Oreo's LR 10:30 Fitness &amp; Wellness LR 2:00 Music w/ Rick Thomas S</p>	<p><b>6</b> 9:30 Morning Greetings 10:30 Chapel DR 10:30 Fitness &amp; Wellness LR 2:00 Bingo LR 3:00 Ceramics w/ Emily LR</p>	<p><b>7</b> 9:30 Morning Greetings 10:00 Lucky Leprechaun's Pass &amp; Play LR 10:30 Fitness &amp; Wellness LR 2:30 Birthday Party DR</p>	<p><b>8</b> 10:00 Activity Box OYO 2:00 Movie Matinee Channel 1390</p>
<p><b>9</b> 11:00 First Baptist Church On 5th Live Stream LR 6:00 Vespers IL <i>Daylight Savings Time</i></p>	<p><b>10</b> 9:30 Morning Greetings 10:30 Fitness &amp; Wellness LR 10:30 Lunch Outing to Buffalo Wild Wings 2:30 In room Manicures</p>	<p><b>11</b> 9:30 Morning Greetings 10:00 Team Spelling Bee LR 10:30 Fitness &amp; Wellness LR 2:00 Bingo LR 3:00 Skittle's Challenge LR</p>	<p><b>12</b> 9:30 Morning Greetings 10:30 Painting w/ Ginnie IL 10:30 Nancy McGimpsey S 2:00 Planting Flowers LR <i>National Flower Planting Day</i></p>	<p><b>13</b> 9:30 Morning Greetings 10:30 Chapel DR 10:30 Fitness &amp; Wellness LR 2:00 Bingo LR 3:15 Basketball Toss</p>	<p><b>14</b> 9:30 Morning Greetings 10:00 Resident Council LR 10:30 Fitness &amp; Wellness LR 2:00 Chair Yoga &amp; Cardio Drumming Combo IL</p>	<p><b>15</b> 10:00 Activity Box OYO 2:00 Movie Matinee Channel 1390</p>
<p><b>16</b> 11:00 First Baptist Church On 5th Live Stream LR 6:00 Vespers IL</p>	<p><b>17</b> 9:30 Morning Greetings 10:00 Cauldron Pong LR 10:30 Fitness &amp; Wellness LR 2:30 Lucky Bingo Bash S <i>St. Patrick's Day</i></p>	<p><b>18</b> 9:30 Morning Greetings 10:00 You be the Judge LR 10:30 Fitness &amp; Wellness LR 2:00 Spring Q tip Paintings LR 3:00 Pet Therapy LR</p>	<p><b>19</b> 8:30 Men's Breakfast LR 9:30 Morning Greetings 10:30 Fitness &amp; Wellness LR 2:00 Bingo LR 3:00 Trivia with a Twist LR</p>	<p><b>20</b> 9:30 Morning Greetings 10:30 Chapel DR 10:30 Fitness &amp; Wellness LR 2:00 Performance by "Elvis" S <i>First Day of Spring</i></p>	<p><b>21</b> 9:30 Morning Greetings 10:30 Fitness &amp; Wellness LR 10:30 Picnic Lunch Outing to Salem Lake 3:00 Jazz Ensemble IL</p>	<p><b>22</b> 10:00 Activity Box OYO 2:00 Movie Matinee Channel 1390</p>
<p><b>23</b> 11:00 First Baptist Church On 5th Live Stream LR 6:00 Vespers IL</p>	<p><b>24</b> 9:30 Morning Greetings 10:00 Manicures &amp; Music LR 10:30 Fitness &amp; Wellness LR 2:30 Armchair Travel Party to New Orleans S</p>	<p><b>25</b> 9:30 Morning Greetings 10:00 Music Class w/Ashley LR 2:00 Bingo LR 3:00 Cooking Club LR Strawberry Surprise</p>	<p><b>26</b> 9:30 Morning Greetings 10:30 Fitness &amp; Wellness LR 10:30 Painting w/ Ginnie IL 2:00 Movie &amp; Popcorn LR "A Walk to Remember"</p>	<p><b>27</b> 9:30 Morning Greetings 10:30 Chapel DR 10:30 Fitness &amp; Wellness LR 2:00 Bingo LR 3:00 Ceramics w/ Emily LR</p>	<p><b>28</b> 9:30 Morning Greetings 10:30 Fitness &amp; Wellness LR 2:00 Chair Yoga &amp; Cardio Drumming Combo IL 3:00 Let's go Outside O</p>	<p><b>29</b> 10:00 Activity Box OYO 2:00 Movie Matinee Channel 1390</p>
<p><b>30</b> 11:00 First Baptist Church On 5th Live Stream LR 6:00 Vespers IL</p>	<p><b>31</b> 9:30 Morning Greetings 10:00 Family Fued LR 10:30 Fitness &amp; Wellness LR 2:00 Music w/ Mark Mason S</p>		<p>Activities are Subject to change</p> <p>Wednesday is Beauty Shop Day</p>		<p><i>Location Key :</i> LR Living Room S Solarium DR Dining Room IL Independent Living OYO On your own O Outside</p>	