
















ASSISTED LIVING ACTIVITIES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 10:00 BINGO (7WS) 10:30 First Baptist Church Live Stream (FA) 12:00 Room Visits and Mail Delivery 5:30 Vespers (FA) Menu Week 5</p>	<p>2 9:00 Morning Greetings 9:30 Exercise 10:30 Manicures 1:00-2:00 Room Visits/Hydration 3:00 Game Hour 4:00 Brookridge Bells (FA)</p>	<p>3 9:00 Morning Greetings 9:30 Exercise 10:30 Snappy Tappers (7WS) 1:00-2:00 Room Visits/Hydration 3:00 BINGO (7WS) 6:30 Word Games & Puzzles</p>	<p>4 9:00 Morning Greetings 9:30 Exercise 10:30 Who am I??? 1:00-2:00 Room Visits/Hydration 3:00 BINGO (7WS) 6:30 Word Games & Puzzles</p>	<p>5 WHEELCHAIR WASH 9:00 Morning Greetings 10:30 Chapel Service (7WS) 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 3:00 BINGO (7WS) 6:30 Word Games & Puzzles</p>	<p>6 9:00 Morning Greetings 10:30 Music with Ronnie R(7WS) 1:00-1:30 Room Visits/Hydration 2:30 Ice Cream Social (7WS)</p> 	<p>7 9:30 Room Visits 10:30 Bible Study (7WS) 12:00 Room Visits and Mail Delivery</p>
<p>8 SPRING FORWARD 10:00 BINGO (7WS) 10:30 First Baptist Church Live Stream (FA) 12:00 Room Visits and Mail Delivery 5:30 Vespers (FA) Menu Week 1</p> 	<p>9 9:00 Morning Greetings 9:30 Exercise 10:30 Manicures 1:00-2:00 Room Visits/Hydration 3:00 Game Hour 4:00 Brookridge Bells (FA)</p>	<p>10 9:00 Morning Greetings 10:00 Shopping at Lowes with IL 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 3:00 BINGO (7WS) 6:30 Word Games & Puzzles</p>	<p>11 FOOT DOCTOR IN TODAY 9:00 Morning Greetings 9:30 Exercise 11:00 Lunch Outing 1:00-2:00 Room Visits/Hydration 3:00 BINGO (7WS) 4:00 Brookridge Bells (FA) 6:30 Word Games & Puzzles</p> 	<p>12 9:00 Morning Greetings 9:30 Exercise 10:30 Chapel Service 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 3:00 BINGO (7WS) 6:30 Word Games & Puzzles</p> 	<p>13 9:00 Morning Greetings 9:30 Exercise 10:30 Music with Robbie Vance (7WS) 1:00 -2:00 Room Visits/Hydration 2:30 Potato Chip Social (7WS)</p> 	<p>14 POTATO CHIP DAY 9:30 Room Visits 10:30 Bible Study (7WS) 12:00 Room Visits and Mail Delivery</p>
<p>15 10:00 BINGO (7WS) 10:30 First Baptist Church Live Stream (FA) 12:00 Room Visits and Mail Delivery 5:30 Vespers (FA) Menu Week 2</p> 	<p>16 9:00 Morning Greetings 9:30 Exercise 10:30 Resident Council 1:00-2:00 Room Visit/Hydration 3:00 Game Hour 4:00 Brookridge Bells (FA)</p> 	<p>17 ST. PATRICK'S DAY 9:00 Morning Greetings 9:30 Exercise 10:30 Grace Notes (7WS) 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 3:00 BINGO (7WS) 6:30 Word Games & Puzzles</p> 	<p>18 9:00 Morning Greetings 9:30 Exercise 10:30 Manicures 1:00-2:00 Room Visits/Hydration 3:00 Arts & Crafts (7WS) 6:30 Word Games & Puzzles</p>	<p>19 FIRST DAY OF SPRING 9:00 Morning Greetings 9:30 Exercise 10:30 Chapel Service (7WS) 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 3:00 BINGO (7WS) 6:30 Word Games & Puzzles</p>	<p>20 9:00 Morning Greetings 9:30 Exercise 10:30 Book Club 1:00-1:30 Room Visits/Hydration 2:00 Afternoon Movie</p> 	<p>21 9:30 Room Visits 10:30 Bible Study (7WS) 12:00 Room Visits and Mail Delivery</p> 
<p>22 10:00 BINGO (7WS) 10:30 First Baptist Church Live Stream (FA) 12:00 Room Visits and Mail Delivery 5:30 Vespers (FA) Menu Week 3</p>	<p>23 9:00 Morning Greetings 9:30 Exercise 10:30 Manicures 1:00-2:00 Room Visit/Hydration 3:00 Game Hour</p>	<p>24 9:00 Morning Greetings 9:30 Exercise 10:30 March in History 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 3:00 BINGO (7WS) 6:30 Word Games & Puzzles</p>	<p>25 9:00 Morning Greetings 9:30 Exercise 11:00 Lunch Outing 1:00-2:00 Room Visits/Hydration 3:00 Arts & Crafts (7WS) 4:00 Brookridge Bells (7WS) 6:30 Word Games & Puzzles</p> 	<p>26 9:00 Morning Greetings 9:30 Exercise 10:00 Chapel Service 11:00 Lunch at Maple Springs with IL 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 3:00 BINGO (7WS) 6:30 Word Games & Puzzles</p>	<p>27 HAPPY BIRTHDAY 9:00 Morning Greetings 9:30 Exercise 10:30 Book Club 1:00-2:00 Room Visits/Hydration 2:30 Monthly Birthday Party (7WS)</p> 	<p>28 9:30 Room Visits 10:30 Bible Study (7WS) 12:00 Room Visits and Mail Delivery</p>
<p>29 10:00 BINGO (7WS) 10:30 First Baptist Church Live Stream (FA) 12:00 Room Visits and Mail Delivery 5:30 Vespers (FA) Menu Week 4</p>	<p>30 9:00 Morning Greetings 9:30 Exercise 10:30 Manicures 1:00-2:00 Room Visit/Hydration 3:00 Game Hour</p>	<p>31 9:00 Morning Greetings 10:00 Shopping at Lowes with IL 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 3:00 BINGO (7WS) 6:30 Word Games & Puzzles</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE</p> <p>ALL BUS OUTINGS REQUIRE A MINIMUM OF FIVE(5)</p>	<p>IMPORTANT DATES</p> <p>January 8th (AA) 2:00 Hearing Care Center</p> <p>January 8th & 22nd (4LR) 1:00 Bible Study</p>	<p>ACTIVITY KEY LOCATOR (P) POOL (AA) 3RD FLOOR ACTIVITY RM (7WS) 7 WEST SOLARIUM (FA) 3RD FLOOR AUDITORIUM (4LR) 4th FLOOR LIVING ROOM (GR) 3rd FLOOR GAME ROOM (FA) FEEZOR AUDITORIUM</p>	 <p>BROOKRIDGE RETIREMENT COMMUNITY 1199 HAYES FOREST DR. WINSTON SALEM, NC 27106</p>