




















FEBRUARY 2019



HEALTHCARE ACTIVITIES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Week 5	BROOKRIDGE RETIREMENT COMMUNITY 1199 HAYES FOREST DR. WINSTON SALEM, NC 27106	ALL ACTIVITIES ARE SUBJECT TO CHANGE (7ED) 7 East Dining (7WS) 7 West Solarium (AR) 3rd Floor Activity Room (FA) Floor Feezor Auditorium			1 9:00 Morning Greetings 9:45 Football Trivia (7WS)  10:30 Exercise (7WS) 1:00-2:00 Room Visits/Hydration 3:00 Super Bowl Party with IL (FA)	2 GROUNDHOG DAY  9:00 Room Visits 10:30 Bible Study (7WS) 12:00 Room Visits & Mail Delivery
3 SUPER BOWL LIII  10:00 BINGO (7WS) 12:00 Room Visits & Mail Delivery Week 1	4 9:00 Morning Greetings  9:45 Create a Word (7WS) 10:30 Exercise (7WS) 1:00-2:30 Room Visits/Hydration 3:00 Manicures	5  9:00 Morning Greetings 9:45 Morning Snack (7WS) 10:00 BINGO (7WS) 1:00-2:30 Room Visits/Hydration 3:00 Arts & Crafts (7WS) 6:30 Word Games & Puzzles	6 9:00 Morning Greetings 10:30 Chapel (7WS) 1:00-2:00 Room Visits/Hydration 2:30 Singing Seniors (7WS) 6:30 Word Games & Puzzles	7 9:00 Morning Greetings 9:45 Morning Snack (7WS) 10:00 BINGO (7WS) 1:00-1:30 Room Visits/Hydration 2:00 Afternoon Movie (7WS) 6:30 Word Games & Puzzles	8 9:00 Morning Greetings 9:45 Nana to the Rescue (7WS) 10:30 Exercise (7WS) 1:00-2:00 Room Visits/Hydration 2:30 Coke Float Social (7WS)	9 9:00 Room Visits 10:30 Bible Study (7WS) 12:00 Room Visits & Mail Delivery 
10 10:00 BINGO (7WS) 12:00 Room Visits & Mail Delivery Week 2	11 9:00 Morning Greetings 10:00 Resident Council (7WS) 1:00-2:30 Room Visits/Hydration 3:00 Manicures	12 9:00 Morning Greetings 10:30 Pat Wade on the Piano (7WS) 1:00-2:30 Room Visits/Hydration 3:00 Come Sing with Me (7WS) 6:30 Word Games & Puzzles	13 9:00 Morning Greetings 10:30 Chapel Service (7WS) 1:00-2:30 Room Visits/Hydration 2:00 Hearing Center (AR) 3:00 Arts & Crafts (7WS) 6:30 Word Games & Puzzl 	14 VALENTINE'S DAY  9:00 Morning Greetings 10:00 BINGO (7WS) 1:00-2:00 Room Visits/Hydration 2:30 Valentine's Social (7WS) 6:30 Word Games & Puzzles	15 NATIONAL HIPPO DAY  9:00 Morning Greetings 9:45 February in History (7WS) 10:30 Exercise (7WS) 1:00-1:30 Room Visits/Hydration 2:00 Movie/Madagascar (7WS) with Happy Hippo Snacks	16 9:00 Room Visits 10:30 Bible Study (7WS) 12:00 Room Visits & Mail Delivery 
17 10:00 BINGO (7WS) 12:00 Room Visits & Mail Delivery Week 3	18 PRESIDENTS' DAY 9:00 Morning Greetings 9:45 Name that President (7WS) 10:30 Music by Ronnie Conway(7WS) 1:00-2:30 Room Visits/Hydration 3:00 Manicures	19 NATIONAL POPCORN DAY  9:00 Morning Greetings 9:45 Morning Snack (7WS) 10:00 BINGO (7WS) 1:00-2:30 Room Visits/Hydration 3:00 Popcorn/Guess the Flavor (7WS) 6:30 Word Games & Puzzles	20  9:00 Morning Greetings 10:30 Chapel Service (7WS) 1:00-2:00 Room Visits/Hydration 3:00 Arts & Crafts (7WS) 6:30 Word Games & Puzzles	21 9:00 Morning Greetings 9:45 Morning Snack (7WS) 10:00 BINGO (7W) 1:00-1:30 Room Visits/Hydration 2:00 Music by Nancy (7WS) 6:30 Word Games & Puzzles	22 FRENCH FRY FRIDAY  9:00 Morning Greetings 9:45 BIO/Michael Jordan(7WS) 10:30 Exercise (7WS) 1:00-2:00 Room Visits/Hydration 2:30 French Fry Social with Family Feud (7WS)	23 9:00 Room Visits 10:30 Bible Study (7WS) 12:00 Room Visits & Mail Delivery
24  10:00 BINGO (7WS) 12:00 Room Visits & Mail Delivery Week 4	25 9:00 Morning Greetings 9:45 20-Word Challenge (7WS) 10:30 Exercise (7WS) 1:00-2:30 Room Visits 3:00 Manicures	26 HAPPY BIRTHDAY  9:00 Morning Greetings 10:00 BINGO (7WS) 1:00-2:00 Room Visits/Hydration 2:30 Monthly Birthday Party (7WS) 6:30 Word Games & Puzzles	27 9:00 Morning Greetings 10:30 Chapel Services (7WS) 1:00-2:30 Room Visits/Hydration 3:00 Arts & Crafts (7WS) 6:30 Word Games & Puzzles	28 9:00 Morning Greetings  10:00 BINGO (7WS) 1:00-2:30 Room Visits/Hydration 3:00 Come Sing With Me! (7WS) 6:30 Word Games & Puzzles	