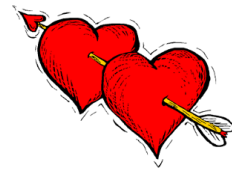


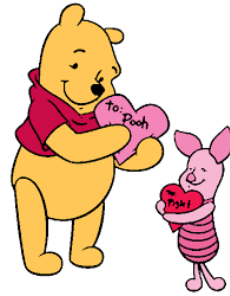


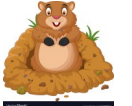








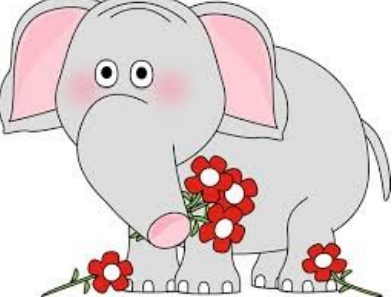


FEBRUARY 2019



ASSISTED LIVING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Week 5	BROOKRIDGE RETIREMENT COMMUNITY 1199 HAYES FOREST DR. WINSTON SALEM, NC 27106	ALL BUS OUTINGS REQUIRE A MINIMUM OF FIVE(5) PARTICIPANTS 			1 9:00 Morning Greetings 9:45 Football Trivia (7WS) 10:00 Walmart Shopping with IL 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 and Mail Delivery
3 10:00 BINGO (7WS) 12:00 Room Visits and Mail Delivery 5:30 Vespers (FA) Week 1	4 9:00 Morning Greetings 9:30 Exercise 10:30 Manicures 1:00-2:00 Room Visits/ Hydration 2:00 Afternoon Movie 	5 9:00 Morning Greetings 9:30 Exercise 10:30 BINGO 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 3:00 Arts & Crafts (7WS) 6:30 Word Games & Puzzles	6 9:00 Morning Greetings 9:30 Exercise 10:30 20-Word Challenge 1:00-2:00 Room Visits/Hydration 2:30 Singing Seniors (7WS) 6:30 Word Games & Puzzles	7 9:00 Morning Greetings 9:30 Exercise 10:30 Chapel Service 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 2:00 Afternoon Movie (7WS) 6:30 Word Games & Puzzles 	8 9:00 Morning Greetings 9:30 Exercise 10:30 Book Club 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 and Mail Delivery
10 10:00 BINGO (7WS) 12:00 Room Visits and Mail Delivery 5:30 Vespers (FA) Week 2	11 9:00 Morning Greetings 9:30 Exercise 10:30 Resident Council 1:00-2:00 Room Visits/ Hydration 3:00 Game Hour	12 9:00 Morning Greetings 9:30 Exercise 10:30 Music with Pat Wade (7WS) 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 3:00 Come Sing with Me (7WS) 6:30 Word Games & Puzzles	13 9:00 Morning Greetings 9:30 Exercise 10:30 Painting Class with IL (AA) 11:00 Lunch Outing 1:00-2:00 Room Visits/Hydration 2:00 Bible Study (LR) 3:00 Arts & Crafts (7WS) 6:30 Word Games & Puzzles	14 VALENTINE'S DAY 9:00 Morning Greetings 9:30 Exercise 10:30 Chapel Service 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 2:30 Valentine's Day Social (7WS) 6:30 Word Games & Puzzles 	15 NATIONAL HIPPO DAY 9:00 Morning Greetings 9:30 Exercise 10:30 Book Club 1:00-1:30 Room Visits/ Hydration 2:00 Friendship Social 3:00 Manicures 	16 9:00 Room Visits 10:30 Bible Study (7WS) 12:00 Room Visits and Mail Delivery
17 10:00 BINGO (7WS) 12:00 Room Visits and Mail Delivery 5:30 Vespers (FA) Week 3 	18 9:00 Morning Greetings 9:30 Exercise 10:30 Music with Ronnie Conway (7WS) 1:00-2:00 Room Visits/Hydration 2:00 Afternoon Movie	19 NATIONAL POPCORN DAY 9:00 Morning Greetings 9:45 Morning Snack (7WS) 10:00 BINGO (7WS) 10:00 Lowes Shopping with IL 1:00-2:00 Room Visits/Hydration 3:00 Popcorn/Guess the Flavor (7WS) 6:30 Word Games & Puzzles	20 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	21 9:00 Morning Greetings 9:30 Exercise 10:30 Chapel Service 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 9:30 Exercise 10:30 Book Club 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 and Mail Delivery
24 10:00 BINGO (7WS) 12:00 Room Visits and Mail Delivery 5:30 Vespers (FA) Week 4	25 9:00 Morning Greetings 9:30 Exercise 10:30 Manicures 1:00-2:00 Room Visits/ Hydration 3:00 Game Hour	26 9:00 Morning Greetings 9:30 Exercise 10:30 BINGO 1:00-2:00 Room Visits/Hydration 1:30 Water Aerobics (P) 2:30 Monthly Birthday Party (7WS) 6:30 Word Games & Puzzles 	27 9:00 Morning Greetings 9:30 Exercise 10:30 Painting Class with IL (AA) 11:00 Lunch Outing 1:00-2:00 Room Visits/Hydration 2:00 Bible Study (LR) 3:00 Arts & Crafts (7WS) 6:30 Word Games & Puzzles	28 9:00 Morning Greetings 9:30 Exercise 10:30 Chapel Service 11:30 Lunch at Maple Springs with IL 1:00-2:00 Room Visits/Hydration 3:00 Come Sing With Me (7WS) 6:30 Word Games & Puzzles		ALL ACTIVITIES ARE SUBJECT TO CHANGE (P) POOL (LR) 4TH FLOOR LIVING ROOM (AA) 3RD FLOOR ACTIVITY RM (7WS) 7 WEST SOLARIUM (FA) 3RD FLOOR AUDITORIUM (6ED) 6 EAST DINING ROOM