

Brookridge Mindful Impressions



Mindful
IMPRESSIONS

July 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



2 8:45am Morning Greetings
9:00am Exercise Group
11:00am Church Program
1:30pm Creativity Boxes
2:30pm Reminiscing
3:30pm Horse Shoes
6:00pm Story Time

3 8:45am Morning Greetings
9:00am Moving With The Music
10:30am Manicures
1:30pm Creativity Boxes
2:30pm It Happened in July
3:30pm Corn Hole
6:00pm Musical Melodies

4 8:45am Morning Greetings
9:00am Balloon Toss
10:30am 4th of July Word Hunt
1:30pm Creativity Boxes
2:30pm Milkshakes
3:30pm Seated Soccer
6:00pm Music by Frank Sinatra

5 8:45am Morning Greetings
9:00am Exercise Group
10:30am Fork Fireworks Art
1:30pm Creativity Boxes
2:30pm Songs of Summer
3:30pm Big Ball
6:00pm Finish the Lyrics

6 8:45am Morning Greetings
9:00am Balloon Tennis
10:30am Bingo
1:30pm Creativity Boxes
2:30pm Matching Beach Items
3:30pm Dominos
6:00pm Country Music

7 8:45am Morning Greetings
9:00am Walking Club
10:30am How Many Words
1:30pm Creativity Boxes
2:30pm Good Grilling Scrabble
3:30pm Bocce Ball
6:00pm Name That Tune

1 8:45am Morning Greetings
9:00am Exercise Group
10:30am Fill in the Blank
1:30pm Creativity Boxes
2:30pm Reminiscing
3:30pm Chair Yoga
6:00pm Devotional Time

8 8:45am Morning Greetings
9:00am Exercise Group
10:30am Word Pictures
1:30pm Creativity Boxes
2:30pm Reminiscing
3:30pm Big Ball
6:00pm Devotional Time

9 8:45am Morning Greetings
9:00am Exercise Group
11:00am Church Program
1:30pm Creativity Boxes
2:30pm Reminiscing
3:30pm Big Ball
6:00pm Story Time

10 8:45am Morning Greetings
9:00am Ring Toss
10:30am Hand Massages
1:30pm Creativity Boxes
2:30pm Summer Trivia
3:30pm Bingo
6:00pm Finish The Lyrics

11 8:45am Morning Greetings
9:00am Walking Club
10:30am Starts With J
1:30pm Creativity Boxes
2:30pm Star–Spangled Banner
3:30pm Parachute Play
6:00pm Music by Dolly Parton

12 8:45am Morning Greetings
9:00am Exercise Group
10:30am Picasso Cubism
1:30pm Creativity Boxes
2:30pm BBQ Detective
3:30pm Volleyball
6:00pm Finish the Lyrics

13 8:45am Morning Greetings
9:00am Chair Yoga
10:30am July Birthdays
1:30pm Creativity Boxes
2:30pm Summer Word Search
3:30pm Noodle Balloon
6:00pm Surf Music

14 8:45am Morning Greetings
9:00am Balloon Toss
10:30am Coloring in Garden
1:30pm Creativity Boxes
2:30pm Movie Matinee
3:30pm Wheel Fortune
6:00pm Hymn Singing

15 8:45am Morning Greetings
9:00am Exercise Group
10:30am Junk Drawer Detective
1:30pm Creativity Boxes
2:30pm Reminiscing
3:30pm Seated Soccer
6:00pm Devotional Time

16 8:45am Morning Greetings
9:00am Exercise Group
11:00am Church Program
1:30pm Creativity Boxes
2:30pm Reminiscing
3:30pm Frisbee Toss
6:00pm Story Time

17 8:45am Morning Greetings
9:00am Stretching
10:30am Manicures
1:30pm Creativity Boxes
2:30pm Trivia Jumble
3:30pm Bean Bag Toss
6:00pm Musical Melodies

18 8:45am Morning Greetings
9:00am Moving With The Music
10:30am Build A Word Tree
1:30pm Creativity Boxes
2:30pm Word Quilt
3:30pm Putting Green
6:00pm Music by James Brown

19 8:45am Morning Greetings
9:00am Exercise Group
10:00am Performance by Fred Stanley
1:30pm Creativity Boxes
2:30pm Word Search
3:30pm Balloon Baseball & Trivia
6:00pm Finish the Lyrics

20 8:45am Morning Greetings
9:00am Walking Club
10:30am Starry Night Painting
1:30pm Creativity Boxes
2:30pm Space Travel Trivia
3:30pm Seated Soccer
6:00pm Classical Music

21 8:45am Morning Greetings
9:00am Bocce Ball Toss
10:30am Who Am I?
1:30pm Creativity Boxes
2:30pm Television Trivia
3:00pm Armchair Travel
6:00pm Name That Tune

22 8:45am Morning Greetings
9:00am Exercise Group
10:30am Jigsaw Puzzle
1:30pm Creativity Boxes
2:30pm Reminiscing
3:30pm Horse shoes
6:00pm Devotional Time

23 8:45am Morning Greetings
9:00am Exercise Group
11:00am Church Program
1:30pm Creativity Boxes
2:30pm Reminiscing
3:30pm Volleyball
6:00pm Story Time

24 8:45am Morning Greetings
9:00am Walking Club
10:30am Manicures
1:30pm Creativity Boxes
2:30pm Name 10
3:30pm Bingo
6:00pm Finish The Lyrics

25 8:45am Morning Greetings
9:00am Balloon Toss
10:30am J trivia
1:30pm Creativity Boxes
2:30pm States Word Hunt
3:30pm Dominoes
6:00pm Music by Marvin Gaye

26 8:45am Morning Greetings
9:00am Exercise Group
10:30am Watercolor Painting
1:30pm Creativity Boxes
2:30pm David Trivia
3:30pm Ring Toss
6:00pm Finish the Lyrics

27 8:45am Morning Greetings
9:00am Seated Soccer
10:30am Number Trivia
1:30pm Creativity Boxes
2:30pm Presidents Trivia
3:30pm Frisbee Toss
6:00pm Blues Music

28 8:45am Morning Greetings
9:00am Walking Club
10:30am Garden Time
1:30pm Creativity Boxes
2:30pm Word Search
3:00pm Birthday Party
6:00pm Hymn Singing

29 8:45am Morning Greetings
9:00am Exercise Group
10:30am Finish the Lyrics
1:30pm Creativity Boxes
2:30pm Reminiscing
3:30pm Big Ball
6:00pm Devotional Time

30 8:45am Morning Greetings
9:00am Exercise Group
11:00am Church Program
1:30pm Creativity Boxes
2:30pm Reminiscing
3:30pm Big Ball
6:00pm Story Time

31 8:45am Morning Greetings
9:00am Moving With The Music
10:30am Manicures
1:30pm Creativity Boxes
2:30pm Garden Time
3:30pm Scarf Juggling
6:00pm Musical Melodies

