



# Brookridge Assisted Living

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>336-759-1044 1199 Hayes Forest Dr. Winston-Salem, NC</p>					<p>1 9:00am Morning Greetings 9:30am Sit &amp; Stretch LR 10:00am Resident Council DR 1:00pm Independent Time 3:00pm Dominoes LR</p>	<p>2 <b>Skip-Bo 2pm</b></p>
<p>3 <b>11am First Baptist on Fifth Church Live Stream LR</b> <b>3pm Puzzles</b> <b>Menu Week 5</b></p>	<p>4 9:00am Morning Greetings 9:15am Bocce Ball LR 9:45 Hamrick's Shopping Trip 1:00pm Room Visits IR 3:00pm Music &amp; Manicures 5:30 Front Porch Sitting</p>	<p>5 9:00am Morning Greetings 9:30am Seated Soccer LR 10:00am Daily Chronical LR 11:30am Lunch North Point Grill 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>6 <b>Beauty Shop</b> 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History B 1:00pm Room Visits IR 3:00pm Arts &amp; Crafts LR</p>	<p>7 9:00am Morning Greetings 9:30am Big Ball LR 10:30am Chapel DR 1:30pm Hydration Cart LR 3:00pm Bingo DR</p>	<p>8 9:00am Morning Greetings 9:30am Volley Ball LR 10:00am Jeopardy LR 1:00pm Jigsaw Puzzles LR 2:30pm Performance by Becky 7WS</p>	<p>9 <b>Activity Packets B</b></p>
<p>10 <b>11am First Baptist on Fifth Church Live Stream LR</b> <b>3pm Packets B</b> <b>Menu Week 1</b></p>	<p>11 9:00am Morning Greetings 9:30am Noodle Tennis LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music &amp; Manicures</p>	<p>12 9:00am Morning Greetings 9:30am Bean Bag Toss LR 10:00am Daily Chronical LR 10:30am Lingo LR 1:00pm Variety Time LR 3:00pm Bingo <b>7WS</b></p>	<p>13 <b>Beauty Shop</b> 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History B 1:00pm Room Visits IR 3:00pm Arts &amp; Crafts LR</p>	<p>14 9:00am Morning Greetings 9:30am Seated Soccer LR 10:30am Chapel DR 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>15 9:00am Morning Greetings 9:30am Corn Hole LR 10:00am Crochet Class LR 1:00pm Word Puzzles IR 3:00pm Big Ball LR</p>	<p>16 <b>Room Visits</b> <b>Skip-Bo 2pm</b></p>
<p>17 <b>11am First Baptist on Fifth Church Live Stream LR</b> <b>3pm Puzzles</b> <b>Menu Week 2</b></p>	<p>18 9:00am Morning Greetings 9:30am Stretches &amp; Cooldown 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music &amp; Manicures 5:30 Front Porch Sitting</p>	<p>19 9:00am Morning Greetings 9:30am Volley Ball LR 10:00am Daily Chronical LR 10:30am Let's Make a Deal LR 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>20 <b>Beauty Shop</b> 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History B 1:00pm Room Visits IR 3:00pm Arts &amp; Crafts LR</p>	<p>21 9:00am Morning Greetings 9:30am Ring Toss LR 10:30am Chapel DR 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>22 9:00am Morning Greetings 9:30am Horse Shoes LR 10:00am Book Club LR 1:00pm Independent Time 3:00pm Armchair Travel 7WS</p>	<p>23 <b>10:00am</b> <b>7WS</b> <b>Word Puzzles B</b></p>
<p>24 <b>11am First Baptist on Fifth Church Live Stream LR</b> <b>3pm Packets B</b> <b>Menu Week 3</b></p>	<p>25 9:00am Morning Greetings 9:30am Ring Toss LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music &amp; Manicures</p>	<p>26 9:00am Morning Greetings 9:30am Seated Soccer 10:00am Daily Chronical LR 10:30am Lingo LR 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>27 <b>Beauty Shop</b> 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History B 1:00pm Room Visits IR 3:00pm Arts &amp; Crafts LR</p>	<p>28 9:00am Morning Greetings 9:30am Balloon Tennis LR 10:30am Chapel DR 1:00pm Variety Time LR 3:00pm Bingo DR</p>	<p>29 9:00am Morning Greetings 9:30am Dumbbell Workout LR 10:00am Wheel of Fortune LR 1:00pm Jigsaw Puzzle LR 2:30pm Birthday Party 7WS</p>	<p>30 <b>Skip-Bo 2pm</b></p>