

Brookridge Assisted Living Activities

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Key LR-Living Room IR- In-room B-Bulletin Board DR-Dining room O-Outing 7WS-7 West Solarium *All Activities are subject to Change*</p>			<p>1 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History B 2:30pm Performance By Becky Walton 7WS</p>	<p>2 9:00am Morning Greetings 9:30am Balloon Toss LR 10:30am Chapel DR 1:00pm Variety Time 3:00pm Bingo DR 8:15pm NFL Football Game</p>	<p>3 9:00am Morning Greetings 9:30am Chair Yoga LR 10:00am Resident Council DR 1:00pm Hydration Cart 2:30pm Movie Matinee LR</p>	<p>4 Skip-Bo 2pm</p>
<p>5 11am First Baptist on Fifth Church Live Stream LR 3pm Puzzles Menu Week 4</p>	<p>6 9:00am Morning Greetings 9:30am Dumbbell Workout LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures</p>	<p>7 9:00am Morning Greetings 9:30am Resistance Bands LR 10:00am Weekly Devotional B 10:30am Trivia Slideshow LR 1:15pm Words Pictures IR 3:00pm Bingo DR</p>	<p>8 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History B 1:00pm Room Visits IR 3:00pm Arts & Crafts LR</p>	<p>9 9:00am Morning Greetings 9:30am Kickball LR 10:30am Chapel DR 1:00pm Independent Time 3:00pm Bingo DR 8:15pm NFL Football Game</p>	<p>10 9:00am Morning Greetings 9:30am Daily Chronicle 10:00am Walmart O 1:00pm Variety Time 2:00pm Game Social LR</p>	<p>11 Veterans Day Activity Packets</p>
<p>12 11am First Baptist on Fifth Church Live Stream LR 3pm Packets Menu Week 5</p>	<p>13 9:00am Morning Greetings 9:30am Seated Soccer LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures</p>	<p>14 9:00am Morning Greetings 9:30am Bocce Ball LR 10:00am Weekly Devotional B 10:30am Word Puzzles LR 1:15pm Read My List LR 3:00pm Bingo DR</p>	<p>15 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History B 1:00pm Room Visits IR 3:00pm Arts & Crafts LR</p>	<p>16 9:00am Morning Greetings 9:30am Sit and Stretch LR 10:30am Chapel DR 1:00pm Variety Time 3:00pm Bingo DR 8:15pm NFL Football Game</p>	<p>17 9:00am Morning Greetings 9:30am Bowling LR 11:00am Performance By Nancy McGimsey 7WS 1:00pm Independent Time 3:00pm Armchair Travel 7WS</p>	<p>18 10: 00am Big Ball 7WS</p>
<p>19 11am First Baptist on Fifth Church Live Stream LR 3pm Puzzles Menu Week 1</p>	<p>20 9:00am Morning Greetings 9:30am Noodle Balloon LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures</p>	<p>21 9:00am Morning Greetings 9:30am Seated Soccer LR 10:00am Devotional B 10:30am Card Games LR 1:15pm Bible Trivia LR 3:00pm Bingo DR</p>	<p>22 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History B 1:00pm Room Visits IR 3:00pm Arts & Crafts LR</p>	<p>23 Thanksgiving Day 9:00am Morning Greetings 9:30am Frisbee Toss LR 10:30am Devotional DR 1:00pm Independent Time 3:00pm Activity Packets B</p>	<p>24 9:00am Morning Greetings 9:30am Shuffle Board LR 11:15am Little Richards-Lunch O 1:00pm Variety Time 2:30pm Birthday Party 7WS</p>	<p>25 Skip-Bo 2pm</p>
<p>26 11am First Baptist on Fifth Church Live Stream LR 3pm Packets Menu Week 2</p>	<p>27 9:00am Morning Greetings 9:30am Resistance Bands LR 10:00am Daily Chronicle LR 1:00pm Room Visits IR 3:00pm Music & Manicures</p>	<p>28 9:00am Morning Greetings 9:30am Horse Shoes LR 10:00am Weekly Devotional B 10:30am Trivia LR 1:15pm It Happened in November 3:00pm Bingo DR</p>	<p>29 Beauty Shop 9:00am Morning Greetings 9:30am Walking Club 10:00am This Day in History B 1:00pm Room Visits IR 3:00pm Arts & Crafts LR</p>	<p>30 9:00am Morning Greetings 9:30am Balloon Toss LR 10:30am Chapel DR 1:00pm Variety Time 3:00pm Bingo DR 8:15pm NFL Football Game</p>		
						 <p>BROOKRIDGE A THRIVE+MORE COMMUNITY</p> <p>336-759-1044 1199 Hayes Forest Dr. Winston-Salem, NC 27106</p>