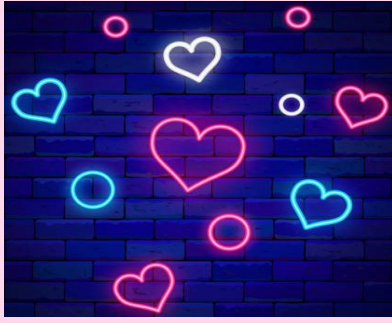
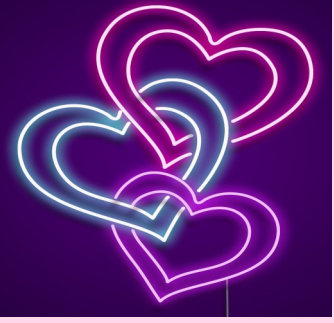
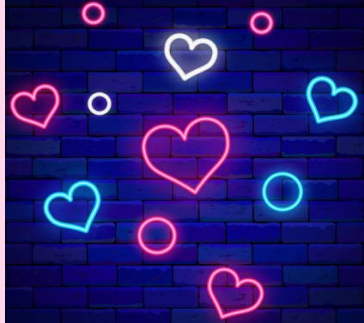

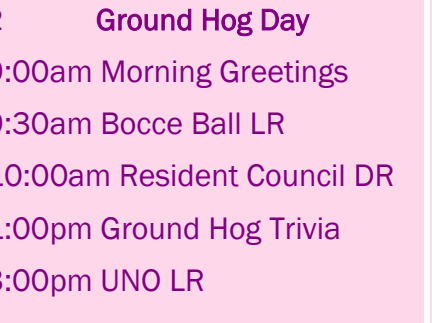





# February 2024

# Brookridge Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Activity Key</b>                      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>4  <b>11am First Baptist on Fifth Church Live Stream LR</b>  <b>3pm Puzzles</b></p>	<p>5                      9:00am Morning Greetings                      9:30am Resistance Bands LR                      10:00am Daily Chronicle LR                      1:00pm Room Visits IR                      3:00pm Music &amp; Manicures</p>	<p>6                      9:00am Morning Greetings                      9:30am Chair Yoga LR                      10:00am Weekly Devotional B                      10:30am Word Puzzles LR                      1:15pm Bible Trivia LR                      3:00pm Bingo DR</p>	<p>7 <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>1 <b>Black History Month</b>                      9:00am Morning Greetings                      9:30am Dumbbell Exercise LR                      10:30am Chapel DR                      1:00pm Variety Time                      3:00pm Bingo DR</p>	<p>2 <b>Ground Hog Day</b>                      9:00am Morning Greetings                      9:30am Bocce Ball LR                      10:00am Resident Council DR                      1:00pm Ground Hog Trivia                      3:00pm UNO LR</p>	<p>3  <b>10: 00am Shuffle Board 7WS</b></p>
<p>11 <b>Superbowl Sunday</b>  <b>11am First Baptist on Fifth Church Live Stream LR</b>  <b>6:30pm Superbowl Begins</b></p>	<p>12 7:00am Pancakes in PJs 7WS                      9:00am Morning Greetings                      9:30am Noodle Balloon LR                      10:00am Daily Chronicle LR                      1:00pm Room Visits IR                      3:00pm Music &amp; Manicures</p>	<p>13 <b>Mardi Gras</b>                      9:00am Morning Greetings                      9:30am Seated Soccer LR                      10:00am Weekly Devotional B                      10:30am Card Games LR                      1:15pm King Cake LR                      3:00pm Bingo DR</p>	<p>14 Valentine's Day- <b>Beauty Shop</b>                      9:00am Morning Greetings                      9:30am Walking Club                      10:00am This Day in History B                      2:00pm Smoothies 7WS                      3:00pm Arts &amp; Crafts LR</p>	<p>15                      9:00am Morning Greetings                      9:30am Chair Yoga LR                      10:30am Chapel DR                      1:00pm Variety Time                      3:00pm Bingo DR</p>	<p>16                      9:00am Morning Greetings                      9:30am Frisbee Toss LR                      10:00am Jeopardy LR                      11:00am Target O                      1:00pm Independent Time                      2:30pm Armchair Travel 7WS</p>	<p>17  <b>Hydration Cart</b>  <b>Snack Cart</b></p>
<p>18  <b>11am First Baptist on Fifth Church Live Stream LR</b>  <b>3pm Puzzles</b></p>	<p>19 <b>Presidents Day</b>                      9:00am Morning Greetings                      9:30am Resistance Bands LR                      10:00am Daily Chronicle LR                      1:00pm Room Visits IR                      3:00pm Music &amp; Manicures</p>	<p>20                      9:00am Morning Greetings                      9:30am Dumbbell Exercises LR                      10:00am Weekly Devotional B                      10:30am Group Crossword LR                      1:15pm It Happened in February                      3:00pm Bingo DR</p>	<p>21 <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>22                      9:00am Morning Greetings                      9:30am Sit and Stretch LR                      10:30am Chapel DR                      1:00pm Variety Time                      3:00pm Bingo DR</p>	<p>23                      9:00am Morning Greetings                      9:30am Shuffle Board LR                      10:15am Tea Time Social LR                      1:00pm Variety Time                      2:30pm Birthday Party 7WS</p>	<p>24  <b>Activity Packets</b>  <b>Skip-Bo 2pm</b></p>
<p>25  <b>11am First Baptist on Fifth Church Live Stream LR</b>  <b>3pm Crossword</b></p>	<p>26                      9:00am Morning Greetings                      9:30am Weighted Exercise LR                      10:00am Daily Chronicle LR                      1:00pm Room Visits IR                      3:00pm Music &amp; Manicures</p>	<p>27                      9:00am Morning Greetings                      9:30am Resistance Bands LR                      10:00am Weekly Devotional B                      10:30am Checkers LR                      1:15pm Words Pictures IR                      3:00pm Bingo DR</p>	<p>28 <b>Beauty Shop</b>                      9:00am Morning Greetings                      9:30am Walking Club                      10:30am Ron Conaway 7WS                      1:00pm Room Visits IR                      3:00pm Arts &amp; Crafts LR</p>	<p>29                      9:00am Morning Greetings                      9:30am Chair Yoga LR                      10:30am Chapel DR                      1:00pm Variety Time                      3:00pm Bingo DR</p>		 <p><b>BROOKRIDGE</b>                      A THRIVEMORE COMMUNITY</p> <p>336-759-1044                      1199 Hayes Forest Dr.                      Winston-Salem, NC 27106</p>