

JULY 2024



Assisted Living Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Famous Sayings Match Up-LR 2:00 Forsyth Mobile Library-IL 3:15 Cupcake Decorating-LR	2 9:15 Daily Chronicle & Donuts-LR 10:30 Chapel-DR 2:00 Bingo-LR 3:30 Mocktails & Cheese-LR	3 <u>Beauty Shop/Massage Day</u> 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Patriotic Games-LR 3:00 July 4th Celebration-S	4 9:15 Watering the Flowers-O 10:30 Red, White & Blue Art-LR 2:00 Bingo-LR 3:30 Homemade Ice Cream-O 6:30 Dog Visits w/ Elite Canine-IL	5 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Fact or Fiction-LR 2:00 Chair Yoga-IL 3:15 Corn Hole-LR	6 3:00 Music by Robbie Vance-S
7 11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Tabletop Games/Puzzles-OYO 6:00 Vespers-IL	8 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Don't Burst My Bubble-LR 2:30 Milkshake Outing	9 9:15 Daily Chronicle & Donuts-LR 10:15 Early Morning Bingo-LR 2:00 Movie Matinee-LR	10 <u>Beauty Shop/Massage Day</u> 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Memorial Service-IL 2:30 Globe Trotters-LR	11 9:15 Watering the Flowers-O 10:30 Chapel-DR 2:00 Bingo-LR 3:30 What would you do-LR 7:00 WS Flute Ensemble-IL	12 9:15 Exercise-LR 9:45 Coffee Club-LR 10:00 Outing: Reynolda House Museum 3:00 Music By: Mary Mikels-IL	13 2:00 Activity Boxes-OYO (will be in the LR)
14 11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Tabletop Games/Puzzles-OYO 6:00 Vespers-IL	15 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Crafty Crafters-LR 3:15 Music By: Ian Benjamin-S	16 9:15 Daily Chronicle & Donuts-LR 10:30 Trivia Tuesday-LR 2:00 Bingo-LR 3:30 Manicures & Massages-LR	17 <u>Beauty Shop/Massage Day</u> 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Painting Class-IL 1:00 Gardening Class w/ Ginnie-LR 3:30 Chef's in Training-LR	18 9:15 Watering the Flowers-O 10:30 Chapel-DR 2:00 Bingo-LR 3:30 Pet Therapy-LR 7:00 Music on the Patio-IL	19 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Resident Council-LR 2:30 Birthday Party-LR	20 2:00 Penny Pitching-LR 3:15 Fitness Bingo-LR
21 11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Tabletop Games/Puzzles-OYO 6:00 Vespers-IL	22 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Lunch Outing: Cracker Barrel 3:15 What's Missing-LR	23 9:15 Daily Chronicle & Donuts-LR 9:30 Music Class w/ Roslyn-LR 10:30 Early Morning Bingo-LR 3:00 Music By: Flobone-S	24 <u>Beauty Shop/Massage Day</u> 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Game of Trouble-LR 1:30 Sound Therapy-IL 3:30 Cardio Drumming-IL	25 8:30 Men's Breakfast-LR 9:15 Watering the Flowers-O 10:30 Chapel-DR 2:00 Bingo-LR 3:30 Meditation w/ Dana-LR	26 <u>Olympics Opening Ceremony</u> 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Scattergories-LR 3:00 Olympics Party-LR	27 2:00 Activity Boxes-OYO (will be in the LR)
28 11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Tabletop Games/Puzzles-OYO 6:00 Vespers-IL	29 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Crafty Crafters-LR 3:15 Olympic Competition: Cup Ping Pong-LR	30 9:15 Daily Chronicle & Donuts-LR 10:30 Manicures & Massage-LR 2:00 Bingo-LR 3:30 Olympic Competition: Disk Throw-LR	31 <u>Beauty Shop/Massage Day</u> 9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Painting Class w/ Ginnie-IL 2:30 Music By: Brian McCarn-S 3:45 Olympic Competition: Wall Ball-LR		Brookridge Assisted Living 1199 Hayes Forest Drive Winston Salem, NC 27106 336-759-1044	<u>Location Key</u> LR-Living Room IL-Independent Living DR-Dining Room O-Outside S-Solarium OYO-On Your On