

# AUGUST 2024



# Assisted Living



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b><u>Brookridge Assisted Living</u></b></p> <p>1199 Hayes Forest Drive Winston Salem, NC 27106</p> <p>336-759-1044</p>	<p><b><u>Location Key</u></b></p> <p>LR-Living Room IL-Independent Living DR-Dining Room O-Outside S-Solarium OYO-On Your On</p>			<p><b>1</b></p> <p>9:15 Watering the Flowers-O 10:30 Chapel-DR 2:00 Bingo-LR 3:30 Mindful Meditation-LR 6:30 Dog Visits w/ Elite Canine-IL</p>	<p><b>2</b></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Ring The Bottle-LR 2:00 Chair Yoga-IL 3:00 Afternoon Concert: Jenny Waynester-S</p>	<p><b>3</b></p> <p>3:00 Music by Robbie Vance-S</p>
<p><b>4</b></p> <p>11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Tabletop Games/Puzzles-OYO 6:00 Vespers-IL</p>	<p><b>5</b></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 UNO-LR 2-3 Forsyth Mobile Library-IL 3:30 Minute to Win It-LR</p>	<p><b>6</b></p> <p>9:15 Daily Chronicle &amp; Donuts-LR 10:30 Trivia Tuesday-LR 2:00 Bingo-LR 3:30 Root Beer Floats w/ Friends-LR</p>	<p><b>7</b> <u>Beauty Shop/Massage Day</u></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Crafty Crafters-LR 3:00 Manicures &amp; Massages-LR</p>	<p><b>8</b></p> <p>9:15 Watering the Flowers-O 10:30 Chapel-DR 2:00 Bingo-LR 3:30 Sunflower Arrangements-LR</p>	<p><b>9</b></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:00 Let's Celebrate Elvis!-LR 3:00 Birthday Party-LR</p>	<p><b>10</b></p> <p>2:00 Activity Boxes-OYO (will be in the LR)</p>
<p><b>11</b></p> <p>11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Tabletop Games/Puzzles-OYO 6:00 Vespers-IL</p>	<p><b>12</b></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Are you Smarter Than A 5th Grader-LR 3:15 Spa Day-LR</p>	<p><b>13</b></p> <p>9:15 Daily Chronicle &amp; Donuts-LR 10:30 Trivia Tuesday-LR 2:00 Bingo-LR 3:30 Summer Charades-LR</p>	<p><b>14</b> <u>Beauty Shop/Massage Day</u></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Painting Class-IL 1:00 Gardening Class w/ Ginnie-LR 3:30 Jeopardy-LR</p>	<p><b>15</b></p> <p>9:15 Watering the Flowers-O 10:30 Chapel-DR 2:00 Bingo-LR 3:30 Bullseye Target Toss-LR</p>	<p><b>16</b></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Resident Council-LR 3:30 Candy Roll-LR</p>	<p><b>17</b></p> <p>2:00 Don't Get Stuck with the Dandelion-LR 3:30 Sno-Cone's on the Patio-O</p>
<p><b>18</b></p> <p>11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Tabletop Games/Puzzles-OYO 6:00 Vespers-IL</p>	<p><b>19</b></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Lunch Outing: Elizabeth's Pizza 3:15 Corn Hole-LR 6:30 An Evening with Frank Sinatra-IL</p>	<p><b>20</b></p> <p>9:15 Daily Chronicle &amp; Donuts-LR 10:30 Trivia Tuesday-LR 2:00 Bingo-LR 3:30 Manicures &amp; Massages-LR</p>	<p><b>21</b> <u>Beauty Shop/Massage Day</u></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Pop the Question-LR 3:30 Chef's in Training-LR</p>	<p><b>22</b></p> <p>8:30 Men's Breakfast-LR 9:15 Watering the Flowers-O 10:30 Chapel-DR 2:00 Luau Party-S</p>	<p><b>23</b></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Bowling Outing 2:00 Bingo-LR 3:30 Pet Visits-In Room</p>	<p><b>24</b></p> <p>2:00 Activity Boxes-OYO (will be in the LR)</p>
<p><b>25</b></p> <p>11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Tabletop Games/Puzzles-OYO 6:00 Vespers-IL</p>	<p><b>26</b></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Crafty Crafters-LR 3:15 Globe Trotters-LR</p>	<p><b>27</b></p> <p>9:15 Daily Chronicle &amp; Donuts-LR 9:30 Music Class w/ Roslyn-LR 2:00 Bingo-LR 3:30 Pass the Pickle-LR</p>	<p><b>28</b> <u>Beauty Shop/Massage Day</u></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Music by Ronnie Conaway-S 1:30 Sound Therapy-IL 3:30 Cardio Drumming-IL</p>	<p><b>29</b></p> <p>9:15 Watering the Flowers-O 10:30 Chapel-DR 2:00 Bingo-LR 4:00 Afternoon Concert with: Gary Brunotte-IL</p>	<p><b>30</b></p> <p>9:15 Exercise-LR 9:45 Coffee Club-LR 10:30 Picnic in the Park 3:00 Banana Split Social-LR</p>	<p><b>31</b></p> <p>2:30 Farm JINGO-LR</p>