

AUGUST 2024 Mindful Impressions Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Brookridge Retirement Community 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044				1 9:45 Creativity Boxes 10:30 Chapel-AL 1:00 Musical Ball 2:30 Blow Off Some Steam– Stress Balls 4:00 Creativity Boxes 6:00 Evening Wind Down: Funny Baby Videos	2 9:45 Daily Chronicle 10:00 Dance Party with Scarves 10:30 Creativity Boxes 1:00 Manicures & Massages 2:00 Express Yourself Collages 3:00 Music by Jenny Waynester-7S 4:00 Creativity Boxes 6:00 Popcorn & Movie	3 9:45 Groovin to the Music 10:30 Creativity Boxes 2:30 Snacks & Chats 3:00 Music with Robbie Vance-7S 4:00 Creativity Boxes 6:00 Audio Stories
4 9:45 Creativity Boxes 10:30 Gospel Hymns 11:00 Church Service-AL 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 TV Classics	5 9:45 Morning Devotion 10:00 Sing Along 10:30 Creativity Boxes 2:30 Art: Decorating Mugs 3:00 Beauty Shop 4:00 Creativity Boxes 6:00 Evening Wind Down: Musical Melodies	6 9:45 Daily Chronicle 10:00 Parachute Play 10:30 Creativity Boxes 1:00 Art: Painting Sand Dollars 3:30 Root Beer Float Social-AL 4:00 Creativity Boxes 6:00 Evening Wind Down: Snack & Show	7 9:45 Finish The Sayings 10:15 Floor Basketball 10:30 Creativity Boxes 1:00 Number Bingo 2:00 Game of Darts 4:00 Creativity Boxes 6:00 Evening Wind Down: Nature Sounds & Aromatherapy	8 9:45 Creativity Boxes 10:30 Chapel-AL 1:00 Art: Making Jewelry 2:30 Matching Game 4:00 Creativity Boxes 6:00 Evening Wind Down: Funny Animal Videos	9 9:15 Daily Chronicle 10:00 Let's Celebrate Elvis!-AL 10:30 Creativity Boxes 1:00 Manicures & Massages 3:00 Birthday Party-AL 4:00 Creativity Boxes 6:00 Popcorn & Movie	10 9:45 Groovin to the Music 10:30 Creativity Boxes 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 Audio Stories
11 9:45 Creativity Boxes 10:30 Gospel Hymns 11:00 Church Service-AL 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 TV Classics	12 9:45 Morning Devotion 10:00 Sing Along 10:30 Creativity Boxes 1:00 Beauty Shop 3:15 Spa Day w/ Chrissy!-AL 4:00 Creativity Boxes 6:00 Evening Wind Down: Musical Melodies	13 9:45 Daily Chronicle 10:00 Chair Exercise 10:30 Creativity Boxes 1:00 Art: Color Me Happy 2:30 All Hands On Deck 4:00 Creativity Boxes 6:00 Evening Wind Down: Snack & Show	14 9:45 Chicken Soup for the Soul 10:00 Ring Toss 10:30 Creativity Boxes 1:00 Gardening Class w/ Ginnie-AL 2:00 Puzzle Pals 4:00 Creativity Boxes 6:00 Evening Wind Down: Nature Sounds & Aromatherapy	15 9:45 Creativity Boxes 10:30 Chapel-AL 1:00 Art: Aqua Painting 3:30 Bullseye Target Toss-AL 4:00 Creativity Boxes 6:00 Evening Wind Down: Funny Baby Videos	16 9:45 Daily Chronicle 10:00 Noodle Ball 10:30 Creativity Boxes 1:00 Manicures & Massages 2:30 Flower Arranging 4:00 Creativity Boxes 6:00 Popcorn & Movie	17 9:45 Groovin to the Music 10:30 Creativity Boxes 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 Audio Stories
18 9:45 Creativity Boxes 10:30 Gospel Hymns 11:00 Church Service-AL 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 TV Classics	19 9:45 Morning Devotion 10:00 Sing Along 10:30 Outing: Lunch at Elizabeth's 10:30 Creativity Boxes 2:30 Mind Joggers 3:00 Beauty Shop 4:00 Creativity Boxes 6:00 Evening Wind Down: Musical Melodies	20 9:45 Daily Chronicle 10:00 Axe Throwing 10:30 Creativity Boxes 1:00 Art: Hawaiian Art of Kapa 2:30 Crazy Karaoke 4:00 Creativity Boxes 6:00 Evening Wind Down: Snack & Show	21 9:45 Balloon Baseball 10:15 Name That Tune 10:30 Creativity Boxes 1:00 Playdoh Picasso 2:00 Snapping beans on the porch 4:00 Creativity Boxes 6:00 Evening Wind Down: Nature Sounds & Aromatherapy	22 9:45 Creativity Boxes 10:30 Chapel-AL 1:00 Art: Making Leis 2:00 Luau Party!-7S 4:00 Creativity Boxes 6:00 Evening Wind Down: Funny Animal Videos	23 9:45 Daily Chronicle 10:00 Creativity Boxes 10:30 Outing: Bowling! 1:30 Manicures & Massages 3:00 Pet Visits 4:00 Creativity Boxes 6:00 Popcorn & Movie	24 9:45 Groovin to the Music 10:30 Creativity Boxes 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 Audio Stories
25 9:45 Creativity Boxes 10:30 Gospel Hymns 11:00 Church Service-AL 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 TV Classics	26 9:45 Morning Devotion 10:00 Sing Along 10:30 Creativity Boxes 2:30 Sno-Cone's on the Porch 3:00 Beauty Shop 3:15 Globe Trotters-AL 4:00 Creativity Boxes 6:00 Evening Wind Down: Musical Melodies	27 9:15 Daily Chronicle 9:30 Music Class w/ Roslyn-AL 10:30 Creativity Boxes 1:00 Art: Paint a Sunset 2:30 Courtyard Stroll/Water Flowers 4:00 Creativity Boxes 6:00 Evening Wind Down: Snack & Show	28 9:45 Mini Golf 10:15 Creativity Boxes 10:30 Music by Ron Conaway-7S 1:00 Gardening Class w/ Ginnie 2:30 Cooking Up Memories 4:00 Creativity Boxes 6:00 Evening Wind Down: Nature Sounds & Aromatherapy	29 9:45 Creativity Boxes 10:30 Chapel-AL 1:00 Art: Tropical Fruit Garland 2:30 Making Beach Pudding Cups 4:00 Creativity Boxes 6:00 Evening Wind Down: Funny Baby Videos	30 9:15 Daily Chronicle 9:30 Art: Paper Plate Sunflowers 10:30 Creativity Boxes 10:30 Picnic In The Park! 1:45 Manicures & Massages 3:00 Banana Split Social-AL 4:00 Creativity Boxes 6:00 Popcorn & Movie	31 9:45 Groovin to the Music 10:30 Creativity Boxes 2:30 Snacks & Chats 4:00 Creativity Boxes 6:00 Audio Stories