

January 2025

Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brookridge Assisted Living 336-759-1044 1199 Hayes Forest Drive Winston- Salem, NC 27016	<u>Location Key</u> LR- Living Room IL- Independent Living DR- Dining Room S-Solarium OYO- On Your On O- Outside		1 9:30 Morning Greetings 10:30 Jingle Sticks LR 12:00 Noon Years Toast DR 2:00 Get on the Ball LR New Year's Day	2 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:15 Marshmallow Mayhem LR	3 9:30 Morning Greetings 10:00 Exercise Circle LR 10:30 Polar Bear Plunge LR 2:00 Mental Health Day Activities IL	4 2:00 Activity Box & Activity Packets OYO
5 11:00 First Baptist Church on 5th Live Stream LR 6:00 Vespers IL	6 9:30 Morning Greetings 10:00 Exercise Circle LR 10:30 Manicures & Music LR 2:00 Forsyth Mobil Library IL 2:30 Crazy Car Races LR	7 9:30 Morning Greetings 10:30 January Jeopardy LR 2:00 Bingo LR 3:30 Meditation w/ Dana S	8 9:30 Morning Greetings 10:30 Memorial Service IL 10:30 Music W/ Nancy McGimpsey S 2:00 Soup for the Soul LR	9 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:15 Snowy Day Snowflakes LR	10 9:30 Morning Greetings 10:30 Outing to UMI Japanese Restaurant 2:00 Music w/ Robert Buxton IL	11 2:00 Activity Box & Activity Packets OYO
12 11:00 First Baptist Church on 5th Live Stream LR 6:00 Vespers IL	13 9:30 Morning Greetings 10:00 Exercise Circle LR 10:30 Rendever Virtual Programming LR 2:30 Birthday Party LR	14 9:30 Morning Greetings 10:30 Winter Wonderland Cardinal Art LR 2:00 Bingo LR 3:15 Pet Therapy LR	15 9:30 Morning Greetings 10:30 Painting Class w/ Ginnie IL 2:00 Music W/ Mark Mason S	16 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:15 Spicy Snack Social LR Hot & Spicy Food Day	17 9:30 Morning Greetings 10:00 Exercise Circle LR 10:30 Resident Council LR 2:00 Cooking Club w/ Chef Eric S	18 2:00 Activity Box & Activity Packets OYO
19 11:00 First Baptist Church on 5th Live Stream LR 6:00 Vespers IL	20 9:30 Morning Greetings 10:00 Exercise Circle LR 10:30 Remembering MLK 2:00 Bingo LR Martin Luther King Jr. Day	21 9:30 Morning Greetings 10:30 Bowling & Hot Dog Lunch Outing 3:00 Pet Therapy w/ Franklin	22 9:30 Morning Greetings 8:30 Men's Breakfast LR 10:30 Ladies Coffee & Conversation LR 3:00 Music w/David Cray IL	23 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 6:30 Elite Canine Pet Room Visits	24 9:30 Morning Greetings 10:00 Exercise Circle LR 10:30 Let's Play UNO LR 2:00 Chair Yoga & Cardio Drumming Combo IL	25 2:00 Activity Box & Activity Packets OYO
26 11:00 First Baptist Church on 5th Live Stream LR 6:00 Vespers IL	27 9:30 Morning Greetings 10:00 Exercise Circle LR 10:30 Manicures & Music LR 1:00 to 3:00 Let's go on a Shopping Trip	28 9:30 Morning Greetings 10:00 Music Class w/ Ashley 2:00 Bingo LR 3:00 Craft Fair IL	29 9:30 Morning Greetings 10:30 Painting Class w/ Ginnie IL 2:30 Armchair Travel Party to England LR	30 9:00 Morning Greetings 9:30 Croissant Day Social 10:30 Chapel DR 2:00 Bingo LR National Croissant Day	31 9:30 Morning Greetings 10:00 Exercise Circle LR 10:30 Corn Hole LR 2:00 Movie & Popcorn "Eight Below " LR	