


January 2026

Assisted Living Calendar

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Brookridge Assisted Living 336-759-1044 1199 Hayes Forest Drive Winston–Salem, NC 27106		Activities are subject to change Beauty Shop Day is Monday Pet Visits to be determined	Living Room LR Solarium S Dining Room DR Independent Living IL Outside O	<i>1</i> 9:30 Morning Greetings 10:30 It's a New Year Bucket List & Scavenger Hunt 2:00 Bingo LR 3:00 The Polar Plunge S New Year's Day	<i>2</i> 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Marshmallow Snowmen LR 3:00 Hot Cocoa & Cookies LR	<i>3</i> 10:30 Activity Packets LR 3:00 Music by Robbie Vance S
<i>4</i> 11:00 First Baptist Church on Fifth Live Stream LR 6:00 Vespers IL	<i>5</i> 9:30 Morning Greetings 10:30 Outing to Dewey's Bakery 2:00 Music Class w/ Ashley S 3:00 Bird Day Craft LR	<i>6</i> 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Bingo LR 3:00 Corn Hole Competition LR	<i>7</i> 9:30 Morning Greetings 10:30 Quarterly Memorial Service IL 2:00 Pottery Class S 3:00 Trivia with a Twist LR	<i>8</i> 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:00 Zig Zag Ping Pong Balance LR	<i>9</i> 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Wild Tales Encounters S 3:00 Penny Pitching LR	<i>10</i> 10:30 Activity Packets LR
<i>11</i> 11:00 First Baptist Church on Fifth Live Stream LR 6:00 Vespers IL	<i>12</i> 9:30 Morning Greetings 10:30 Lunch Outing to The Olive Garden 2:30 Let's get Crafty LR	<i>13</i> 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Bingo LR 3:00 Minute to Win It LR	<i>14</i> 8:30 Men's Breakfast 10:00 Morning Greetings 10:30 Watercolor Painting S 2:00 Music by Fredd Reyes S	<i>15</i> 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:00 Matching Game LR	<i>16</i> 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Armchair Travel Party S 3:00 Rendeвер Virtual Programming LR	<i>17</i> 10:30 Bingo S 2:00 Activity Packets LR
<i>18</i> 11:00 First Baptist Church on Fifth Live Stream LR 6:00 Vespers IL	<i>19</i> 9:30 Morning Greetings 10:30 Let's Get Crafty LR 2:00 Music by Becky Walton S 3:00 Remembering MLK LR Martin Luther King Jr. Day	<i>20</i> 9:30 Morning Greetings 10:00 Coffee Chat LR 10:30 Exercise with Amy LR 2:00 Bingo LR 3:00 Jenga LR	<i>21</i> 9:30 Morning Greetings 10:30 Let's Get Crafty LR 2:00 Pottery Class S 3:00 Cooking Club LR	<i>22</i> 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:00 Resident Council LR	<i>23</i> 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Cardio Drumming IL 3:00 Helping Hands Group S	<i>24</i> 10:30 Activity Packets LR
<i>25</i> 11:00 First Baptist Church on Fifth Live Stream LR 6:00 Vespers IL	<i>26</i> 9:30 Morning Greetings 10:30 Hot Dog Lunch & Bowling Alley Outing 3:00 Manicures & Music LR	<i>27</i> 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Bingo LR 3:00 Let's make Chocolate Cake S	<i>28</i> 9:30 Morning Greetings 10:30 Painting Class LR 2:00 Soup off Social S 3:00 Card Games LR	<i>29</i> 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:00 Corn Hole Competition LR	<i>30</i> 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:30 Birthday Party S 3:30 Monthly Spelling Bee LR	<i>31</i> 10:30 Bingo S 2:00 Activity Packets LR