

January 2026

Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1 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	2 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Marshmallow Snowmen LR 3:00 Hot Cocoa & Cookies LR	3 10:30 Activity Packets LR 3:00 Music by Robbie Vance S
4 11:00 First Baptist Church on Fifth Live Stream LR 6:00 Vespers IL	5 9:30 Morning Greetings 10:30 Outing to Dewey's Bakery 2:00 Music Class w/ Ashley S 3:00 Bird Day Craft LR	6 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Bingo LR 3:00 Corn Hole Competition LR	7 9:30 Morning Greetings 10:30 Quarterly Memorial Service IL 2:00 Pottery Class S 3:00 Trivia with a Twist LR	8 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:00 Zig Zag Ping Pong Balance LR	9 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Wild Tales Encounters S 3:00 Penny Pitching LR	10 10:30 Activity Packets LR
11 11:00 First Baptist Church on Fifth Live Stream LR 6:00 Vespers IL	12 9:30 Morning Greetings 10:30 Lunch Outing to The Olive Garden 2:30 Let's get Crafty LR	13 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Bingo LR 3:00 Minute to Win It LR	14 8:30 Men's Breakfast 10:00 Morning Greetings 10:30 Watercolor Painting S 2:00 Music by Fredd Reyes S	15 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:00 Matching Game LR	16 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Armchair Travel Party S 3:00 Rendever Virtual Programming LR	17 10:30 Bingo S 2:00 Activity Packets LR
18 11:00 First Baptist Church on Fifth Live Stream LR 6:00 Vespers IL	19 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	20 9:30 Morning Greetings 10:00 Coffee Chat LR 10:30 Exercise with Amy LR 2:00 Bingo LR 3:00 Jenga LR	21 9:30 Morning Greetings 10:30 Let's Get Crafty LR 2:00 Pottery Class S 3:00 Cooking Club LR	22 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:00 Resident Council LR	23 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Cardio Drumming IL 3:00 Helping Hands Group S	24 10:30 Activity Packets LR
25 11:00 First Baptist Church on Fifth Live Stream LR 6:00 Vespers IL	26 9:30 Morning Greetings 10:30 Hot Dog Lunch & Bowling Alley Outing 3:00 Manicures & Music LR	27 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:00 Bingo LR 3:00 Let's make Chocolate Cake S	28 9:30 Morning Greetings 10:30 Painting Class LR 2:00 Soup off Social S 3:00 Card Games LR	29 9:30 Morning Greetings 10:30 Chapel DR 2:00 Bingo LR 3:00 Corn Hole Competition LR	30 9:30 Morning Greetings 10:30 Exercise with Amy LR 2:30 Birthday Party S 3:30 Monthly Spelling Bee LR	31 10:30 Bingo S 2:00 Activity Packets LR