


# NOVEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Activity Key Locator</b></p> <p>AR-Activity Room DR-Dining Room FA-Feezor Auditorium CH-Club House GR-Game Room P-Pool SO-7 West Solarium</p>		<p><b>Brookridge Retirement Community</b> 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044</p>	<p><b>1</b></p> <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 10:30 Worship Service-FA 11:30 O'Charley's Lunch Outing 1-4 Bridge-GR 4:00 Brookridge Bells-FA</p>	<p><b>2</b></p>  <p>10:00 Therapy Talk-AR 10:45 Music By Nancy McGimsey-FA 1:30 Water Aerobics-P 3:00 Fall Auction-FA 6:30 Prayer for Our Nation-FA</p>	<p><b>3</b></p> <p>8:30 Senior Wellness w/ April-CH 9:00 Yoga w/ April-CH 9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 10:00 Water Aerobics w/ April-P 1:00 Chair Yoga w/ April-FA</p>	<p><b>4</b></p> <p>10:30 Sunday School-SO 2-5 Skipbo-GR</p> 
<p><b>5 Week #1</b></p> <p>10:00 College Park Pickup Outing 2:30 Symphony Outing 5:30 Vespers-FA</p>	<p><b>6</b></p>  <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 10:00 Aquatic Wellness-P 1:30 Carolina Field Of Honor Outing</p>	<p><b>7</b></p>  <p>9:00 Chair Yoga Video-FA 10:00 Lowes Shopping Outing 1-3 IL Clinic 1:30 Water Aerobics-P 2:00 Crafts with Joyce-AR</p>	<p><b>8</b></p> <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 1-4 Bridge-GR 2:00 Bible Study-FA 2-3 Hearing Care Center-AR 4:00 Samaritan's Supper Club Outing</p>	<p><b>9</b></p>  <p>9:00 Manicures-AR 10:30 Brookridge Choir-FA 1:30 Water Aerobics-P 2:00 Resident Spotlight-FA 4:00 The Depot Dinner Outing</p>	<p><b>10</b></p> <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 10:00 Walmart Shopping Trip 2:00 Veterans Celebration-FA</p> 	<p><b>11</b></p> <p>10:30 Sunday School-SO 2-5 Skipbo-GR</p>
<p><b>12 Week #2</b></p> <p>10:00 College Park Pickup Outing 4:30 Calvary Baptist Children's Choir-FA 5:30 Vespers-FA</p> 	<p><b>13</b></p>  <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 10:00 Aquatic Wellness-P 2:30 Bingo-AR 4:00 Brookridge Bells-FA</p>	<p><b>14 National Pickle Day</b></p>  <p>10:00 Lowes Shopping Outing 1-3 IL Clinic 1:30 Water Aerobics-P 2:00 Pickle Tasting Social-AR 4:00 Resident Council-GR 6:30 Canasta-GR 7:00 Music By Lonesome Journey-SO</p>	<p><b>15</b></p> <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 1-4 Bridge-GR 2:00 Art Class w/ Hillary-AR 4:00 Brookridge Bells-FA</p>	<p><b>16 MARY KAY</b></p> <p>9:00 Muffins with Friends Social-AR 10:00 Lidl Shopping Trip 1:30 Water Aerobics-P 3:00-5:00 Mary Kay Make-Up Sale-AR 6:15 Holiday Concert Outing @ Maple Springs Methodist Church</p>	<p><b>17</b></p>  <p>9:00 Dot Bris-Bois Mountain - Home Lunch Outing 9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR</p>	<p><b>18</b></p> <p>10:30 Sunday School-SO 2-5 Skipbo-GR</p> 
<p><b>19 Week #3</b></p> <p>10:00 College Park Pickup Outing 5:30 Vespers-FA</p> 	<p><b>20</b></p>  <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 10:00 Aquatic Wellness-P 2:00 Walmart Shopping Trip 6:30 At the Movies-FA</p>	<p><b>21</b></p> <p>9:00 Chair Yoga Video-FA 10:00 Lowes Shopping Outing 1-3 IL Clinic 1:30 Water Aerobics-P 3:00 Thanksgiving Pie Social-FA 4:00 Town Meeting-FA 6:30 Music By Robbie Vance-FA</p>	<p><b>22</b></p> <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 10:30 Corn Hole-AR 1-4 Bridge-GR 2:00 Bible Study-FA</p> 	<p><b>23</b></p>  <p>Happy Thanksgiving</p>	<p><b>24</b></p>  <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 10:00 Christmas Tree Decorating-AR 3:00 Family Feud Game-FA</p>	<p><b>25</b></p> <p>10:30 Sunday School-SO 2-5 Skipbo-GR</p>
<p><b>26 Week #4</b></p> <p>10:00 College Park Pickup Outing 5:30 Vespers-FA</p> 	<p><b>27</b></p> <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 10:00 Aquatic Wellness-P 10:45 Firebirds Lunch Outing 2:30 Bingo-AR 4:00 Brookridge Bells-FA</p>	<p><b>28</b></p> <p>7:30 Romeo's Breakfast Outing 10:00 Lowes Shopping Outing 1-3 IL Clinic 1:30 Water Aerobics-P 3:00 Adult Coloring-AR 6:30 Canasta-GR</p> 	<p><b>29</b></p>  <p>9:00 Stretcherize-FA 9:30 Coffee &amp; Conversation-AR 1-4 Bridge-GR 3:00 Music By Pat Wade-FA 4:00 Brookridge Bells-FA</p>	<p><b>30</b></p>  <p>9:00 Manicures-AR 1:30 Water Aerobics-P 3:00 Bledsoe's Presentation-FA (Calloway Gardens, Little White House &amp; Warm Springs GA) 4:45 Birthday Dinner-DR</p>		