




FEBRUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Activity Key Locator</p> <p>AR-Activity Room DR-Dining Room FA-Feezor Auditorium CH-Club House GR-Game Room P-Pool SO-7 West Solarium O-Outing LR-Living Room</p>	<p>Brookridge Retirement Community</p> <p>1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044</p>				<p>1 8:30 Exercise-CH  9:00 Stretchercize-FA 9:00 Regular Yoga w/ April-GR 9:30 Coffee & Conversation-AR 10:00 Water Aerobics w/ April-P 10:00 Shopping at Walmart-O 1:00 Chair Yoga w/ April-FA 3:00 Super Bowl Party-FA</p>	<p>2</p>  <p>10:30 Sunday School-SO 2-5 Skipbo-GR</p>
<p>3 Week #1</p> <p>10:00 College Park Pickup-O 5:30 Vespers-FA</p> 	<p>4</p> <p>8:30 Exercise-CH 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Aquatic Therapy-P 10:30 Lunch at Southern Family-O 2:30 Trivia Hour-AR</p>	<p>5</p>  <p>10:00 Shopping at Lowes-O 12:00 Lunch Tunes w/ Ronnie-DR 1-2 IL Clinic 1:30 Water Aerobics-P 2:30 Corn Hole-AR</p>	<p>6</p> <p>8:30 Exercise-CH 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:30 Worship Service-FA 1:30 Continental w/ Diane & Friends-AR</p>	<p>7</p>  <p>9:30 Manicures-AR 1:30 Water Aerobics-P 3:30 Men's Pool Game-GR</p>	<p>8</p>  <p>8:30 Exercise-CH 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Yoga USA-FA 3:00 Valentine's for the Battered Women's Shelter-AR</p>	<p>9</p>  <p>10:30 Sunday School-SO 2-5 Skipbo-GR</p>
<p>10 Week #2</p> <p>10:00 College Park Pickup-O 5:30 Vespers-FA</p>	<p>11 8:30 Exercise-CH  9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Aquatic Therapy-P 1:30 Podiatrist Visits 2:30 Bingo-AR 6:30 Love Songs by Kevin Jasper-FA</p>	<p>12</p> <p>10:00 Shopping at Harris Teeter-O 1-2 IL Clinic 1:30 Water Aerobics-P  2:30 Crafts w/ Joyce-AR 4:00 Resident Council-GR 6:30 Canasta-GR</p>	<p>13 8:30 Exercise-CH 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:30 Painting Class w/ Ginnie-AR 1:30 Bible Study-LR 2-3 Hearing Care Center-AR 2:30 Nashville to Vaudeville-FA</p>	<p>14</p> <p><i>Happy VALENTINE'S DAY</i></p> <p>10:00 Delivering Candy Grams 1:30 Water Aerobics-P 2:00 Red and White Banquet-FA Featuring: Triad Harmony Express</p> 	<p>15</p> <p>8:30 Exercise-CH 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Shopping at Walmart-O</p>	<p>16</p> <p>10:30 Sunday School-SO 2-5 Skipbo-GR</p>
<p>17 Week #3</p> <p>10:00 College Park Pickup-O 5:30 Vespers-FA</p>	<p>18</p>  <p>8:30 Exercise-CH 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Aquatic Therapy-P 10:00 Bingo w/ Chick-Fil-A-FA 3:00 Table Talk-AR</p>	<p>19</p>  <p>10:00 Shopping at Lowes-O 1-2 IL Clinic 1:30 Water Aerobics-P 3:00 Ice Cream Social w/ Legacy-FA 4:00 Town Meeting-FA</p>	<p>20 <u>National Cherry Pie Day</u></p>  <p>8:30 Exercise-CH 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 3:00 Cherry Pie Social-GR 6:30 Movie Night-FA</p>	<p>21</p> <p>10:00 Health Talk w/ Legacy-AR 11:00 NC Museum of Dolls, Toys & Miniatures-O 1:30 Water Aerobics-P 4:00 Sound System Orientation-FA</p>	<p>22</p> <p>8:15 Kiwanis Pancake Breakfast-O 8:30 Exercise-CH 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Massages with Sara 3:00 Book Club-LR</p>	<p>23</p>  <p>10:30 Sunday School-SO 2-5 Skipbo-GR</p>
<p>24 Week #4</p>  <p>10:00 College Park Pickup-O 1-3 Open House 5:30 Vespers-FA</p>	<p>25</p>  <p>8:30 Exercise-CH 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Aquatic Therapy-P 2:30 Bingo-AR</p>	<p>26</p> <p>8:15 Breakfast at K&W-O 10:00 Shopping at Harris Teeter-O 1-2 IL Clinic 1:30 Water Aerobics-P 2:30 Corn Hole-AR 6:30 Canasta-GR</p>	<p>27</p>  <p>8:30 Exercise-CH 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:30 Painting Class with Ginnie-AR 2:00 Bible Study-LR 3:30 Music by Tapestry-FA</p>	<p>28</p> <p>11:30 Lunch at Maple Springs-O 1:30 Water Aerobics-P 3:00 Bledsoe's Presentation-FA (Walnut Canyon National Monument) 4:45 Birthday Dinner-DR</p>		