

# SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Activity Key Locator</b>  <b>AR-Activity Room</b>  <b>DR-Dining Room</b>  <b>FA-Feezor Auditorium</b>  <b>C-Café</b>  <b>AL-Assisted Living</b>  <b>O-Outing</b>  <b>P-Pool</b></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 Club-AR            10:00 Aqua Fit w/ MB-P            2:30 What's Cooking-AR            6:30 Bananagrams-C</p>	<p><b>2</b></p>  <p>2-5 Skipbo-C</p>
<p><b>3</b></p> <p><b>Wear Your Name Tag Week!</b></p> <p>10:15 College Park Church Pickup-O            11:00 First on Fifth Live Stream-AL            6:00 Vespers-FA</p>	<p><b>4 Labor Day</b></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            1:30 Endurance Class-FA  <b>2:15 Labor Day w/ Pelican's Snoballs!</b>            3:00 Prayer Group-Chapel            6:30 Chicken Foot-C</p>	<p><b>5</b></p> <p>9:00 PowerBALL Workout-FA            10:00 Shopping at Walmart-O            10:00 Massages w/ Summer-Appointments            1:30 Tai Chi-AR            2:15 Corn Hole-AR            3:30 Trivia-AR</p> 	<p><b>6</b> 9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            10:30 Painting Class-AR            11:00 Massages w/ Summer-Appointments            1:30 Sit &amp; Be Fit w/ MB-FA            3:00 Medicare Presentation-FA</p>	<p><b>7</b></p> <p>8:00 Men's Breakfast at Frank's-Kitchen-O            10:00 Lynch Ladies Brunch-C            10:00 Open Swim w/ Friends-P            1:30 Tai Chi-AR            2:00 Food Committee Meeting-C            3:00 Zumba w/ Paula-FA            6:30 Pet Visits w/ Elite Canine-AR</p>	<p><b>8</b></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            2:00 Yoga-AR            3:00 Concert: Steve &amp; Ray-FA            "Old Dogs, New Tricks"            6:30 Bananagrams-C</p>	<p><b>9</b></p>  <p>2-5 Skipbo-C</p>
<p><b>10</b></p>  <p>10:15 College Park Church Pickup-O            11:00 First on Fifth Live Stream-AL            6:00 Vespers-FA</p>	<p><b>11</b></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            1:30 Endurance Class-FA            2-3 Forsyth Mobile Library-AR            3:15 Bingo-FA            6:30 Chicken Foot-C</p>	<p><b>12</b></p> <p>9:00 PowerBALL Workout-FA            10-11 Open Gym w/ MB-P            10:00 Massages w/ Summer-Appointments            1:30 Tai Chi-AR            3:00 Health Fair w/ Broad River-FA            4:00 Resident Council-C            6:30 Canasta-C</p>	<p><b>13</b> 9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            11:00 Massages w/ Summer-Appointments            1:30 Sit &amp; Be Fit w/ MB-FA            2:00 Bible Study-AR            3:00 Movie Matinee-FA</p>	<p><b>14</b></p> <p>10:00 Aqua Fit w/ MB-P            12:00 Birthday Luncheon-PDR            1:30 Tai Chi-AR            2:15 Creative Expressions-AR            3:00 Zumba w/ Paula-FA            6:30 Performance by Ballet Folklorico</p>	<p><b>15</b></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Zumba-P            11:00 Lunch at Little Italy-O            3:00 Alzheimer's Presentation w/ Dr. Zamora-FA            6:30 Bananagrams-C</p>	<p><b>16</b></p> <p>2-5 Skipbo-C            6:30 Saturday Evening Social-C</p>
<p><b>17</b></p> <p>10:15 College Park Church Pickup-O            11:00 First on Fifth Live Stream-AL            6:00 Vespers-FA</p>	<p><b>18</b></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aquatic Therapy-P            1:30 Endurance Class-FA            3:00 Prayer Group-Chapel            3:15 Bingo-FA            6:30 Chicken Foot-C</p>	<p><b>19</b></p> <p>9:00 PowerBALL Workout-FA            10:00 Visit to The BookHouse/Lunch-O            10:00 Massages w/ Summer-Appointments            1:30 Tai Chi-AR            3:00 Newcomers Meet &amp; Greet-FA            4:00 Town Meeting-FA</p>	<p><b>20</b> 9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            10:30 Painting Class-AR            11:00 Massages w/ Summer-Appointments            1:30 Sit &amp; Be Fit w/ MB-FA            2:00 Passages Support Group-AR</p>	<p><b>21</b></p>  <p>10:00 Aqua Fit w/ MB-P            10:30 Tai-Chi-AR            2:00 End of Summer Luau-C            4:15 Dinner at The Depot-O</p>	<p><b>22</b></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            2:00 Golf Challenge w/ Always Best Care Senior Service            6:30 Bananagrams-C</p>	<p><b>23</b> <b>Fall Begins</b></p> <p>2-5 Skipbo-C</p>
<p><b>24</b></p>  <p>10:15 College Park Church Pickup-O            11:00 First on Fifth Live Stream-AL            6:00 Vespers-FA</p>	<p><b>25</b></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            1:30 Endurance Class-FA            2:00 Crafty Crafters-AR            3:15 Bingo-FA            6:30 Chicken Foot-C</p>	<p><b>26</b></p> <p>9:00 PowerBALL Workout-FA            10-11 Open Gym w/ MB-P            10:00 Massages w/ Summer-Appointments            11:15 Trip to Sky Top Orchards/Lunch            1:30 Tai Chi-AR            6:30 Canasta-C</p> 	<p><b>27</b> 9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            11:00 Massages w/ Summer-Appointments            1:30 Sit &amp; Be Fit w/ MB-FA            2:00 Bible Study-AR            3:30 Cardio Drumming-C            6:30 Elegant Concert: Champlain Ensemble</p>	<p><b>28</b></p> <p>9:30 Corn Hole-AR            10:00 Aqua Fit w/ MB-P            1:30 Tai Chi-AR            2:15 Creative Expressions-AR            3:00 Zumba w/ Paula-FA            4:00 Jeopardy-FA</p>	<p><b>29</b></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            9:30 Boxwood Antique Market-O            10:00 Open Swim w/ Friends-P            2:00 Yoga-FA            3:30 Wine &amp; Cheese Social-C            6:30 Bananagrams-C</p>	<p><b>30</b></p>  <p>2-5 Skipbo-C</p>