

NOVEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activity Key Locator AR-Activity Room DR-Dining Room FA-Feezor Auditorium C-Café AL-Assisted Living O-Outing P-Pool			1 <u>Wear Your Name Tag Week</u> 9-12 IL Clinic-6th Floor 9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit-P 11:00 Massages w/ Summer-Appointments 1:30 Sit & Be Fit-AR 3:30 Trivia-AR	2 8:00 Men's Breakfast at Clemmons-Kitchen-O 10:00 Lynch Ladies Brunch-C 10:00 Open Swim w/ Friends-P 1:30 Virtual Tai Chi-AR 2:00 Food Committee Meeting-C 3:00 Zumba w/ Paula-FA 6:30 Pet Visits w/ Elite Canine-AR 6:30 5 Crowns Card Game-C	3 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:30 Watercolor Class w/ Darlene-AR 12:00 Lunch & Movie "Priscilla"-O 6:30 Bananagrams-C	4 10:00 Water Walking-P 2-5 Skipbo-C
5 <u>Daylight Saving Time Ends</u> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2-4 Mahjong Lessons-AR 6:00 Vespers-FA	6 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Endurance Class-FA 2-3 Forsyth Mobile Library-AR 3:00 Prayer Hour-Chapel 3:15 Bingo-FA 6:30 Chicken Foot-C	7 <u>Election Day</u> 9:00 PowerBALL Workout-FA 10:00 Massages w/ Summer-Appointments 10:30 Shopping at Walmart-O 1:00 Get on the Bus to go VOTE! 2:30 Tai Chi w/ Summer-FA 3:30 Sing with Darlene-FA	8 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:30 Painting Class w/ Ginnie-AR 11:00 Massages w/ Summer-Appointments 1:30 Sit & Be Fit-FA.....2:00 Bible Study-AR 3:15 BUNCO-C 6:30 Southern Fried Jazz Band-FA	9 10:00 Aqua Fit-P 1:30 Virtual Tai Chi-AR 2:15 Creative Expressions-AR 3:00 Zumba w/ Paula-FA 3:45 WS Dog Drill Team-FA 6:30 5 Crowns Card Game-C 6:30 Shakespeare Musical at UNCSA-O	10 8:30 Veteran's Breakfast-PDR 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Zumba-P 2:00 Chair Yoga w/ Tiffany-FA 3:30 Wine & Cheese Social-C 6:30 Bananagrams-C	11 <u>Veterans Day</u> 10:00 Water Walking-P 2-5 Skipbo-C
12 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2-4 Mahjong Lessons-AR 6:00 Vespers-FA	13 9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:15 Crafty Crafters-AR 1:30 Endurance Class-AR 3:15 Bingo-C 6:30 Chicken Foot-C	14 9:00 PowerBALL Workout-AR 10-11 Open Gym-P 10:00 Massages w/ Summer-Appointments 2:30 Advanced Yoga w/ Summer-C 3:30 Corn Hole-AR 4:00 Resident Council-C 6:30 Canasta-C	15 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 11:00 Massages w/ Summer-Appointments 11:30 Friendsgiving Meal-DR 1:30 Sit & Be Fit-FA 2:00 Passages Support Group-AR 3:00 Movie Matinee-AR	16 10:00 Aqua Fit-P 10:00 Forsyth Country Day Students Visit-FA 11:30 Maple Springs Senior Lunch-O 1:30 Virtual Tai Chi-AR 2:00 Jeopardy-FA 3:00 Zumba w/ Paula-FA 6:30 5 Crowns Card Game-C	17 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 10:30 Watercolor Class w/ Darlene-AR 11:00 Festival of Trees @ Pinehurst-O 6:30 Bananagrams-C	18 9:30 Piedmont Craftmen's Fair-O 10:00 Water Walking-P 2-5 Skipbo-C 6:30 Saturday Evening Social-C
19 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2-4 Mahjong Lessons-AR 6:00 Vespers-FA	20 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Endurance Class-FA 3:00 Prayer Hour-Chapel 3:15 Bingo-FA 6:30 Chicken Foot-C	21 9:00 PowerBALL Workout-FA 10:00 Massages w/ Summer-Appointments 10:30 Eye Health Presentation & Get Your Glasses Cleaned for FREE!-AR 2:30 Tai Chi w/ Summer-FA 3:15 Turkey Trot w/ Broad River-FA 4:00 Town Meeting-FA	22 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 11:00 Massages w/ Summer-Appointments 1:30 Sit & Be Fit-FA 2:00 Bible Study-AR 3:30 Line Dancing-FA	23 	24 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 2:00 Chair Yoga w/ Tiffany-FA 6:30 Bananagrams-C	25 10:00 Water Walking-P 2-5 Skipbo-C
26 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2-4 Mahjong Lessons-AR 6:00 Vespers-FA	27 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Endurance Class-FA 2:00 Book Club-C 3:15 Bingo-FA 6:30 Chicken Foot-C	28 9:00 PowerBALL Workout-FA 10-11 Open Gym-P 10:00 Massages w/ Summer-Appointments 11:15 Lunch at Goody's Grill-O 2:30 Advanced Yoga w/ Summer-FA 3:30 Mr. Braswell Presentation on Iran-FA 6:30 Canasta-C 7:00 Dueling Piano Show-FA	29 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:30 Painting Class w/ Ginnie-AR 11:00 Massages w/ Summer-Appointments 1:30 Sit & Be Fit-FA 3:30 Cardio Drumming-FA 6:30 Rummikub-C	30 10:00 Open Swim w/ Friends-P 12:00 Birthday Luncheon-PDR 1:30 Virtual Tai Chi-AR 2:15 Creative Expressions-AR 3:00 Zumba w/ Paula-FA 6:30 5 Crowns Card Game-C 6:30 The Noble Gents Night Out-AR		Brookridge Retirement Community 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044