




# FEBRUARY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Activity Key Locator</b> AR-Activity Room DR-Dining Room FA-Feezor Auditorium C-Café AL-Assisted Living O-Outing P-Pool		<b>Brookridge Retirement Community</b> 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044	<b>1</b> 8:00 Men's Breakfast at King Kitchen-O 10:00 Lynch Ladies Brunch-C 10:00 Swim w/ Friends-P 1:30 Endurance-FA 2:00 Trivia-AR 3:00 Zumba w/ Paula-FA 6:30 Dog Visits w/ Elite Canine-AR 6:30 5 Crowns-C	<b>2 <u>Wear Red Day for Heart Month</u></b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 9:30 Museum of Illusions-O 10:00 Swim w/ Friends-P 2:00 Chair Yoga w/ Tiffany-FA 6:30 Bananagrams-C	<b>3</b>  10:00 Water Walking-P 2-5 Skipbo-C
<b>4 <u>Wear Your Name Tag Week!</u></b> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA	<b>5</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Balance Class-FA 2-3 Forsyth Mobile Library-AR 3:00 Prayer Hour-Chapel 3:15 Bingo-FA 4:00 Yoga w/ Dana-FA 6:30 Chicken Foot-C	<b>6</b> 9:30 PowerBALL Workout-FA 10:15 Get Fit w/ Dana-GYM 10:00 Massages w/ Summer-Appointments 1:30 Music by Jenny Wayne-FA 2:30 Tai-Chi w/ Summer-FA 3:15 Corn Hole-AR 6:30 Mahjong-C 	<b>7</b> 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:00 Massages w/ Summer-Appointments 1:30 Balance Class-FA 3:00 Classical Guitarist, David Cray-FA 4:00 Blood Pressure Checks-AR	<b>8</b> 10:00 Aqua Fit-P 1:30 Sit & Be Fit-FA 2:00 Food Committee Meeting-C 3:00 Zumba w/ Paula-FA 4:00 Mindful Meditation-Chapel 6:30 5 Crowns-C 	<b>9</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Zumba-P 10:45 Lunch at Sweet Potatoes-O 2:00 Heart Healthy Food-Demonstration w/ Chef Eric-FA 3:30 Super Bowl Party-C 6:30 Bananagrams-C	<b>10</b> 10:00 Water Walking-P 2-5 Skipbo-C
<b>11</b> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA 	<b>12</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Balance Class-FA 3:15 Bingo-FA 4:00 Line Dancing w/ Dana-FA 6:30 Chicken Foot-C	<b>13</b> 9:30 PowerBALL Workout-AR 10:00 Massages w/ Summer-Appointments 1:10 Tour the Intergenerational Center-O 2:30 Advanced Yoga w/ Summer-AR 4:00 Resident Council-C 6:30 Canasta-C	<b>14 <u>Valentine's Day</u></b> 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:00 Massages w/ Summer-Appointments 10:30 Painting Class-AR 1:30 Balance Class-FA 2:00 Bible Study-AR 6:45 An Evening Filled with Love-FA	<b>15</b> 10:00 Aqua Fit-P 12:00 Birthday Luncheon-PDR 1:30 Endurance-FA 2:00 Jeopardy-FA 3:00 Zumba w/ Paula-FA 6:30 5 Crowns-C 7:00 African Drummer Kenzi-FA 	<b>16 <u>Love Your Heart Day!</u></b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:15 Crafty Crafters-AR 2:00 Chair Yoga w/ Dana-FA 3:30 Wine & Cheese Social-C 6:30 Bananagrams-C	<b>17</b>  10:00 Water Walking-P 2-5 Skipbo-C
<b>18</b> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA	<b>19</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Balance Class-FA 3:00 Prayer Hour-Chapel 3:15 Bingo-FA 4:00 Yoga w/ Dana-FA 6:30 Chicken Foot-C	<b>20</b> 9:30 PowerBALL Workout-FA 10:00 Massages w/ Summer-Appointments 10:15 Shopping at Walmart-O 2:30 Tai Chi w/ Summer-FA 3:15 Corn Hole-AR 4:00 Town Meeting-FA 6:30 Rummikub-C 	<b>21</b> 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:00 Massages w/ Summer-Appointments 1:30 Balance Class-FA 3:00 Belly Dancing performance by Debbie-FA (The Kull's Daughter)	<b>22</b> 10:00 Aqua Fit-P 11:30 Maple Springs Senior Lunch-O 1:30 Sit & Be Fit-AR 2-4 Heartfelt Surprises-In Room 3:00 Zumba w/ Paula-C 4:00 Mindful Meditation-Chapel 6:30 5 Crowns-C	<b>23</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 9:30 Day Trip to the Charlotte-Hawkins Brown Museum-O 10:00 Swim w/ Friends-P 6:30 Bananagrams-C	<b>24</b> 10:00 Water Walking-P 2-5 Skipbo-C 6:30 Saturday Evening Social-C (Heart Healthy Snacks)
<b>25</b> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 1:45 Stained Glass Playhouse - Production-O 2:00 Mahjong-C 6:00 Vespers-FA 	<b>26</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Balance Class-FA 2:00 The Bookies Book Club-C 3:15 Bingo-FA 4:00 Line Dancing w/ Dana-FA 6:30 Chicken Foot-C	<b>27</b> 9:30 PowerBALL Workout-FA 10:00 Massages w/ Summer-Appointments 10:15 Get Fit w/ Dana-GYM 2:30 Advanced Yoga w/ Summer-FA 3:30 Balloon Badminton w/ Broad River-FA 6:00 Gents Night-AR (Card Games & Wings) 6:30 Canasta-C	<b>28</b> 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:00 Massages w/ Summer-Appointments 10:30 Painting Class-AR 1:30 Balance Class-FA 2:00 Bible Study-AR 3:00 Movie Matinee (Self Made)-FA 3:30 Cardio Drumming-FA	<b>29</b> 10:00 Aqua Fit-P 1:30 Endurance-FA 2:00 Valentine Songs by The Rural Hall Voices-FA 3:00 Zumba w/ Paula-FA 4:00 BUNCO-C 6:30 5 Crowns-C 