

# APRIL 2024

# Assisted Living Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>  9:15 Coffee Club-LR 9:30 Exercise Circle-LR 2-3 Forsyth Mobile Library-IL 3:30 Table Talk-LR	<b>2</b> 9:30 Stretchersize-LR 11:00 Tuesday Trivia-LR 2:00 Balloon Badminton-LR 3:30 Bingo-DR	<b>3</b> <a href="#">Beauty Shop/Massage Day</a> 9:15 Coffee Club-LR 10:30 Memorial Service-IL 2:00 Hangman-LR 3:30 Manicures-LR	<b>4</b>  9:30 Stretchersize-LR 10:30 Chapel-DR 2:15 Chair Yoga w/ Dana-LR 3:30 Bingo-DR	<b>5</b> 9:15 Coffee Club-LR 9:30 Exercise Circle-LR 10:30 Resident Council-DR 2:00 Mindful Meditation-LR 3:15 Happy Hour-LR 7:00 Movie & Popcorn-LR	<b>6</b> 10:30 Word Search Puzzles with Friends-LR 2:00 Table Top Games-LR 
<b>7</b> 11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Jigsaw Puzzles-LR 6:00 Vespers-IL	<b>8</b> 9:15 Coffee Club-LR 9:30 Exercise Circle-LR 2:00 Ice Cream Trip to Mayberry's 7:00 Snacks/Family Feud-LR	<b>9</b>  9:30 Stretchersize-LR 2:00 De-Stress Tea Reception-LR 3:30 Bingo-DR 7:00 Music By: Swingset-IL	<b>10</b> <a href="#">Beauty Shop/Massage Day</a> 9:15 Coffee Club-LR 9:30 Exercise Circle-LR 10:30 Painting Class-IL 2:00 Name That Game-LR 3:30 Chef's in Training-DR	<b>11</b> <a href="#">National Pet Day</a> 9:30 Stretchersize-LR 10:30 Chapel-DR 2:00 Pet Therapy-LR 3:30 Bingo-DR	<b>12</b> 9:15 Coffee Club-LR 9:30 Exercise Circle-LR 3:30 Birthday Party-DR 7:00 Movie & Popcorn-LR	<b>13</b> 10:30 Crosswords Puzzles with Friends-LR 2:00 Table Top Games-LR
<b>14</b> 11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Jigsaw Puzzles-LR 6:00 Vespers-IL 	<b>15</b> 9:15 Coffee Club-LR 9:30 Exercise Circle-LR 10:00 Aqua Fit-P 2:00 Mini Golf-LR 3:30 Flower Potting-Porch	<b>16</b> 9:30 Stretchersize-LR 11:00 Tuesday Trivia-LR 2:00 Jewelry Designing-DR 3:30 Bingo-DR	<b>17</b> <a href="#">Beauty Shop/Massage Day</a> 9:15 Coffee Club-LR 9:30 Exercise Circle-LR 2:00 Cheese Ball Social-LR 3:30 Manicures-LR <a href="#">National Cheese Ball Day</a>	<b>18</b> 9:30 Stretchersize-LR 10:30 Chapel-DR 2:00 Music By: Rural Hall Voices-IL 3:30 Bingo-DR	<b>19</b>  9:15 Coffee Club-LR 9:30 Exercise Circle-LR 3:15 Happy Hour-LR 7:00 Movie & Popcorn-LR	<b>20</b> 10:30 Color Me Pretty-with Friends-LR 2:00 Table Top Games-LR
<b>21</b> 11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Jigsaw Puzzles-LR 6:00 Vespers-IL	<b>22</b> 9:15 Coffee Club-LR 9:30 Exercise Circle-LR 2:00 Ring Toss-LR 3:15 Crafty Crafters-DR	<b>23</b>  9:30 Stretchersize-LR 11:00 Lunch Outing to Seafood Shack 2:30 Coke Floats/Music Memories-LR 3:30 Bingo-DR	<b>24</b> <a href="#">Beauty Shop/Massage Day</a> 9:15 Coffee Club-LR 9:30 Exercise Circle-LR 10:30 Painting Class-IL 3:30 Cardio Drumming-IL	<b>25</b>  9:30 Stretchersize-LR 10:30 Chapel-DR 2:00 Rejuvenating Facials-LR 3:30 Bingo-DR	<b>26</b> 9:15 Coffee Club-LR 9:30 Exercise Circle-LR 2:30 Down On the Farm-Outside 7:00 Movie & Popcorn-LR	<b>27</b> 10:30 Creative Corner-with Friends-LR 2:00 Table Top Games-LR
<b>28</b> 11:00 First Baptist on Fifth Church Live Stream-LR 3:00 Jigsaw Puzzles-LR 6:00 Vespers-IL 	<b>29</b> 9:15 Coffee Club-LR 9:30 Exercise Circle-LR 10:00 Aqua Fit-P 2:00 Bowling-LR 3:30 Globe Trotters-LR	<b>30</b>  9:30 Stretchersize-LR 11:00 Tuesday Trivia-LR 2:00 Porch Chat/Remember When 3:30 Bingo-DR		<b>Brookridge Assisted Living</b> 1199 Hayes Forest Drive Winston Salem, NC 27106 336-759-1044	<b>Location Key</b> LR-Living Room IL-Independent Living DR-Dining Room P-Pool	