










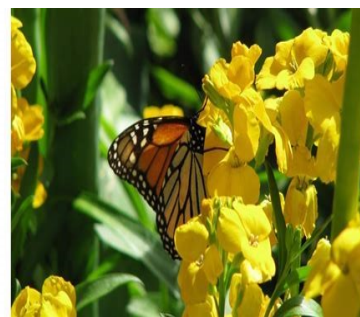




APRIL 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Brookridge Retirement Community</p> <p>1199 Hayes Forest Drive Winston Salem, NC 27106</p> <p>336-759-1044</p>	<p>1 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 (Lesson)</p>	<p>2 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake 10:15 Walking Club-Bridge 1:30 Tai-Chi w/ Dana-FA 2:15 Stress Reduction Workshop with Dana-FA 3:30 Spectacular Tulip Bloom at Paul J. Ciener Botanical Garden-O 6:30 Mahjong-C</p>	<p>3 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:30 Memorial Service-FA 1:30 Balance Class-FA 3:00 Aqua Fit-P 3:00 Cornhole-AR 4:00 Braswell Global Religion Class-FA</p>	<p>4 8:00 Men's Breakfast at Steven's-O 10:00 Swim with Friends-P 10:00 Lynch Ladies Brunch-C 1:30 Sit & Be Fit-FA 2:00 Food Committee Meeting-AR 3:00 Zumba w/ Paula-FA 4:00 Mindful Meditation-Chapel 6:30 5 Crowns-C 6:30 Dog Visits w/ Elite Canine-AR</p>	<p>5 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 11:30 Lunch at Sammy's Sliders-O 1:15 Virtual Yoga-AR 2:00 Chair Yoga w/ Tiffany-FA 3:30 Music By: Mood Swingz-FA 6:30 Bananagrams-C (Lesson)</p>	<p>6</p> <p></p> <p>10:00 Water Walking-P 1:15 Watercolor w/ Darlene-AR 2-5 Skipbo-C</p>
<p>7 <u>Wear Your Name Tags Week</u></p> <p>10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA</p> <p></p>	<p>8</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:30 Crafty Crafters-AR 1:30 Balance Class-FA 3:15 Bingo-FA 4:00 Yoga w/ Dana-FA 6:30 Chicken Foot-C</p> <p></p>	<p>9 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake 10:00 Massages w/ Summer-Appointments 10:30 De-Stress Tea Station-Lobby 1:30 Tai Chi w/ Dana-FA 2:15 BUNCO-AR 4:00 Resident Council-PDR 6:30 Canasta-C (Lesson) 7:00 Music by: Swingset-FA</p>	<p>10 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 w/ Ginnie-AR 1:30 Balance Class-FA 2:00 Bible Study-AR 4:00 Braswell Global Religion Class-FA</p>	<p>11</p> <p>10:00 Aqua Fit-P 10:30 Sing Along w/ Darlene-FA 1:30 Sit & Be Fit-FA 2:00 Relax & Unwind Spa Day-AR 3:00 Zumba w/ Paula-FA 6:30 5 Crowns-C</p> <p></p>	<p>12</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 11:45 Trip to JOLO Winery-O 1:15 Virtual Yoga-AR 6:30 Bananagrams-C</p>	<p>13</p> <p>10:00 Water Walking-P 2-5 Skipbo-C (Lesson)</p>
<p>14</p> <p>10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA</p>	<p>15 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</p>	<p>16 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake 10:00 Massages w/ Summer-Appointments 10:15 Shopping at Walmart-O 1:30 Tai Chi w/ Dana-FA 2:00 Town Meeting-FA 3:30 Corn Hole-AR 6:30 Rummikub-C</p>	<p>17 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 11:15 Lunch at Pete's-O 2:00 Balance Class-FA 3:00 Stress Reducing Foods-Cooking Demo w/ Chef Eric-DR 4:00 Braswell Global Religion Class-FA</p> <p></p>	<p>18</p> <p>10:00 Aqua Fit-P 12:00 Birthday Luncheon-PDR 1:30 Sit & Be Fit-FA 2:00 The Rural Hall Voices-FA 3:00 Zumba w/ Paula-FA 4:00 Jeopardy-FA 6:30 5 Crowns-C (Lesson)</p>	<p>19</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 9:30 Flower Potting-AR 10:00 Aqua Zumba-P 1:15 Virtual Yoga-AR 1:30 Endurance w/ Dana-FA 3:30 Wine & Cheese Social-C 6:30 Bananagrams-C</p>	<p>20</p> <p>10:00 Water Walking-P 2-5 Skipbo-C 6:30 Saturday Evening Social-C (Spring Time Snacks)</p>
<p>21</p> <p>10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 1:15 Jersey Boys the Production-O 2:00 Mahjong-C (Lesson) 6:00 Vespers-FA</p>	<p>22</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Balance Class-FA 2:30 Volunteer Reception-TBD 4:00 Yoga w/ Dana-FA 6:30 Chicken Foot-C</p> <p></p>	<p>23 9:15 Chef's Club Trip-O 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake 10:00 Massages w/ Summer-Appointments 10:15 Walking Club-Bridge 1:30 Tai-Chi w/ Dana-FA 3:00 Trivia Challenge-AR 4:00 Line Dancing w/ Dana-FA 6:30 Canasta-C</p>	<p>24 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 w/ Ginnie-AR 1:30 Sound Therapy w/ Wildlight Wellness-FA 2:00 Bible Study-AR 3:30 Cardio Drumming-FA 4:00 Braswell Global Religion Class-FA 6:30 Rummikub-C (Lesson)</p>	<p>25</p> <p>10:00 Aqua Fit-P 11:30 Maple Spring Senior Lunch-O 1:30 Sit & Be Fit-FA 2:15 Mindful Meditation-Chapel 3:00 Zumba w/ Paula-FA 6:00 Gents Night at The Dash Game-O 6:30 5 Crowns-C</p> <p></p>	<p>26</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 11:30 Trip to ParTee Shack-O 1:15 Virtual Yoga-AR 3:00 Movie Matinee-AR (Senior Moment) 6:30 Bananagrams-C</p>	<p>27</p> <p></p> <p>10:00 Water Walking-P 2-5 Skipbo-C</p>
<p>28</p> <p>10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA</p> <p></p>	<p>29 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-AR 3:15 Bingo-FA 4:00 Yoga w/ Dana-FA 6:30 Chicken Foot-C</p>	<p>30 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake 10:00 Massages w/ Summer-Appointments 10:15 Shopping at The Cricket's Nest Craft Shop-O 1:30 Tai Chi w/ Dana-FA 3:30 Stress Relief Games with Broad River Rehab-FA 6:30 Gotcha Game-C (Lesson)</p>				<p>Activity Key Locator AR-Activity Room DR-Dining Room FA-Feezor Auditorium C-Café AL-Assisted Living O-Outing P-Pool</p>