



MAY 2024 Independent Living



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</p> <p>9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Aqua Fit-P</p> <p>10:00 Massages w/ Summer-Appointments</p> <p>1:30 Balance Class-FA</p> <p>2:45 Corn Hole-AR</p> <p>4:00 Braswell Global Religion Class-FA</p>	<p>2 <u>Bring Your Baby Pictures!</u></p> <p>8:00 Men's Breakfast at Zoe's-O</p> <p>10:00 Swim with Friends-P</p> <p>10:00 Lynch Ladies Brunch-C</p> <p>1:30 Sit & Be Fit-FA</p> <p>2:00 Food Committee Meeting-AR</p> <p>3:00 Zumba w/ Paula-FA</p> <p>4:00 Pray around the Flag</p> <p>6:30 5 Crowns-C</p> <p>6:30 Dog Visits w/ Elite Canine-AR</p>	<p>3</p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Aqua Zumba-P</p> <p>2:00 Chair Yoga w/ Tiffany-AR</p> <p>3:00 Special Music By: The John Mochnick Band-FA</p> <p>4:15 Spring Trip Meeting-AR</p> <p>6:30 Bananagrams-C (Lesson)</p>	<p>4</p> <p>10:00 Water Walking-P</p> <p>1:15 Watercolor w/ Darlene-AR</p> <p>2-5 Skipbo-C</p>
<p>5 <u>Wear Your Name Tags Week</u></p> <p>10:15 College Park Church Pickup-O</p> <p>11:00 First on Fifth Live Stream-AL</p> <p>2:00 Pfafftown Piano Recital-FA</p> <p>2:00 Mahjong-C</p> <p>3:20 Raleigh Ringers @ Centenary-O</p> <p>6:00 Vespers-FA</p>	<p>6 <u>Guess the Baby-FA</u></p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Aqua Fit-P</p> <p>1:30 Balance Class-FA</p> <p>2-3 Forsyth Mobile Library-AR</p> <p>3:15 Bingo-FA</p> <p>4:00 Chair Yoga w/ Dana-FA</p> <p>6:30 Chicken Foot-C (Lesson)</p>	<p>7 9:30 PowerBALL Workout-FA</p> <p>9:30 Golfer's Day-Winston Lake</p> <p>9:30 Chef's Trip to the Strawberry Farm-O</p> <p>10:00 Massages w/ Summer-Appointments</p> <p>1:30 Tai Chi w/ Dana-FA</p> <p>3:00 Healthy Cooking for Women's-Health w/ Chef Eric-DR</p> <p>6:30 Mahjong-C</p> <p>6:30 Special Music By: The Winston Salem Pops Chorus-FA</p>	<p>8 9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Aqua Fit-P</p> <p>10:00 Massages w/ Summer-Appointments</p> <p>10:30 Painting Class w/ Ginnie-AR</p> <p>1:30 Balance Class-FA</p> <p>2:00 Bible Study-AR</p> <p>3:00 Line Dancing with Dana-FA</p>	<p>9</p> <p>9:00 Touch Town Training-FA</p> <p>10:00 Aqua Fit-P</p> <p>1:30 Sit & Be Fit-FA</p> <p>3:00 Endurance-FA</p> <p>4:00 Jeopardy-FA</p> <p>6:30 5 Crowns-C</p>	<p>10</p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:30 Mother's Celebration-TBD</p> <p>1:15 Virtual Qigong-AR</p> <p>3:00 Aqua Fit-P</p> <p>6:30 Bananagrams-C</p>	<p>11</p> <p>10:00 Water Walking-P</p> <p>2-5 Skipbo-C (Lesson)</p>
<p>12 <u>Mother's Day</u></p> <p>10:15 College Park Church Pickup-O</p> <p>11:00 First on Fifth Live Stream-AL</p> <p>2:00 Mahjong-C</p> <p>6:00 Vespers-FA</p>	<p>13 9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Aqua Fit-P</p> <p>10:30 Lunch at Olympic-O</p> <p>1:00 Spring Trip Meeting-AR</p> <p>1:30 Balance Class-FA</p> <p>3:15 Bingo-FA</p> <p>4:00 Mindful Meditation-Chapel</p> <p>6:30 Chicken Foot-C</p>	<p>14 9:30 PowerBALL Workout-FA</p> <p>9:30 Golfer's Day-Winston Lake</p> <p>10:00 Massages w/ Summer-Appointments</p> <p>1:30 Advanced Yoga w/ Dana-FA</p> <p>3:00 The Review of Ethics by the Framers of The Constitution, a discussion with Maurice Briggs-FA</p> <p>4:00 Resident Council-C</p> <p>6:30 Canasta-C (Lesson)</p>	<p>15 <u>Leave for New Orleans Trip!</u></p> <p>9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Swim w/ Friends-P</p> <p>10:00 Massages w/ Summer-Appointments</p> <p>2:00 Spring Puzzles & More!-AR</p>	<p>16</p> <p>10:00 Swim w/ Friends-P</p> <p>2:00 Corn Hole-AR</p> <p>3:00 Zumba w/ Paula-FA</p> <p>6:30 5 Crowns-C (Lesson)</p>	<p>17</p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Swim w/ Friends-P</p> <p>1:15 Virtual Qigong-AR</p> <p>2:30 Movie Matinee-AR</p> <p>6:30 Bananagrams-C</p>	<p>18</p> <p>10:00 Water Walking-P</p> <p>2-5 Skipbo-C</p>
<p>19 <u>Return from New Orleans!</u></p> <p>10:15 College Park Church Pickup-O</p> <p>11:00 First on Fifth Live Stream-AL</p> <p>2:00 Mahjong-C (Lesson)</p> <p>6:00 Vespers-FA</p>	<p>20</p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Aqua Fit-P</p> <p>1:30 Balance Class-FA</p> <p>3:00 Prayer Hour-Chapel</p> <p>3:15 Bingo-FA</p> <p>4:00 Chair Yoga w/ Dana-FA</p> <p>6:30 Chicken Foot-C</p>	<p>21</p> <p>9:00 Trip to Walmart-O</p> <p>9:30 PowerBALL Workout-FA</p> <p>9:30 Golfer's Day-Winston Lake</p> <p>10:00 Massages w/ Summer-Appointments</p> <p>10:15 Walking Club-Bridge</p> <p>1:30 Tai-Chi w/ Dana-FA</p> <p>3:00 Town Meeting-FA</p> <p>4:15 Trivia Challenge-AR</p> <p>6:30 Rummikub-C</p>	<p>22 9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Aqua Fit-P</p> <p>10:00 Massages w/ Summer-Appointments</p> <p>10:30 Painting Class w/ Ginnie-AR</p> <p>1:30 Sound Therapy w/ Wildlight Wellness-FA</p> <p>2:00 Bible Study-AR</p> <p>3:30 Cardio Drumming-FA</p> <p>6:30 Rummikub-C (Lesson)</p>	<p>23</p> <p>10:00 Carte Boutique Sale-FA</p> <p>10:00 Aqua Fit-P</p> <p>11:30 Maple Spring Senior Lunch-O</p> <p>3:30 Wine & Cheese Social-C</p> <p>6:30 Gents Night (Horseshoe Game & Snacks)-Outside 3rd Floor</p> <p>6:30 5 Crowns-C</p>	<p>24</p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Swim w/ Friends-P</p> <p>12:00 Memorial Cookout-Outside</p> <p>1:15 Virtual Qigong-AR</p> <p>6:30 Bananagrams-C</p>	<p>25</p> <p>10:00 Water Walking-P</p> <p>2-5 Skipbo-C</p> <p>6:30 Saturday Evening Social-C</p>
<p>26</p> <p>10:15 College Park Church Pickup-O</p> <p>11:00 First on Fifth Live Stream-AL</p> <p>2:00 Mahjong-C</p> <p>6:00 Vespers-FA</p>	<p>27 <u>Memorial Day</u></p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Swim w/ Friends-P</p> <p>2:00 The Bookies Book Club-Library</p> <p>6:30 Chicken Foot-C</p>	<p>28 <u>Women's Health Fair</u></p> <p>9:30 PowerBALL Workout-FA</p> <p>9:30 Golfer's Day-Winston Lake</p> <p>1:30 Yoga for Arthritis w/ Dana-FA</p> <p>6:30 Canasta-C</p> <p>6:30 Salem Band "Puppet Magic"-O</p> <p>(See Flyer for Health Fair Info)</p>	<p>29 9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:00 Aqua Fit-P</p> <p>10:00 Massages w/ Summer-Appointments</p> <p>10:15 Crafty Crafters-AR</p> <p>1:30 Balance Class-FA</p> <p>3:00 Winston Salem Police Safety Bingo-FA</p>	<p>30</p> <p>10:00 Aqua Fit-P</p> <p>12:00 Birthday Lunch-PDR</p> <p>1:30 Sit & Be Fit-FA</p> <p>2:00 Sing Along-FA</p> <p>3:00 Touch Town Training-FA</p> <p>6:30 5 Crowns-C</p>	<p>31 9:00 Stretcherize-FA</p> <p>9:30 Coffee Club-AR</p> <p>10:30 Augusta Youth Chorale-FA</p> <p>12:15 Johnson House Tea Room-O</p> <p>1:15 Virtual Qigong-AR</p> <p>4:15 BUNCO-AR</p> <p>5:00 Baby Photo Contest Winner Announced-See Mail Boxes</p> <p>6:30 Bananagrams-C</p>	<p>Activity Key Locator</p> <p>AR-Activity Room</p> <p>DR-Dining Room</p> <p>FA-Feezor Auditorium</p> <p>C-Café</p> <p>AL-Assisted Living</p> <p>O-Outing</p> <p>P-Pool</p>