



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <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 Endurance w/ Dana-FA 6:30 Chicken Foot-C (Lesson)</p>	<p>2 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:30 Walking Club @ Salem Lake-O 1:30 Yoga 2 (Mat) w/ Dana-FA 3:00 Corn Hole-AR 6:30 Mahjong-C</p>	<p>3 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:00 Massages w/ Summer-Appointments 12:00 Patriotic Fish Fry & Special Music By: "MelonBelly" 4:00 Yoga 1 (Chair) w/ Dana-FA</p>	<p>4 Food Committee Meeting-TBD 10:00 Swim w/ Friends-P 10:00 Lynch Ladies Brunch-C 3:00 Movie Matinee-AR 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 1:15 Virtual Qigong-AR 2:00 Chair Yoga w/ Tiffany-FA 3:15 Jeopardy-FA 6:30 Bananagrams-C (Lesson)</p>	<p>6 10:00 Water Walking-P 2-5 Skipbo-C</p>	
<p>7 <u>Wear Your Name Tags Week</u> 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>8 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 Yoga 1 (Chair) w/ Dana-FA 6:30 Chicken Foot-C</p>	<p>9 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:15 Chef's Trip: Blueberry Picking 1:30 Qigong/Tai Chi w/ Dana-AR 2:30 Decorate a Wine Glass with Friends! 3:30 Resident Council-PDR 3:30 Tribute To the Beatles Concert-O 6:30 Canasta-C (Lesson)</p>	<p>10 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Massages w/ Summer-Appointments 10:30 Memorial Service-FA 1:30 Balance Class-FA 2:00 Bible Study-AR 3:00 Speaker: Dr. Bill Partin-FA "The Women of Winston Churchill"</p>	<p>11 8:00 Men's Breakfast at Clemmons Kitchen-O 10:00 Aqua Fit-P 1:30 Sit & Be Fit-FA 3:00 Gelato & Special Music By: The Rob Massengale Band-Outside 6:30 5 Crowns-C 7:00 Winston Salem Flute Ensemble-FA</p>	<p>12 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Zumba-P 1:15 Virtual Qigong-AR 3:00 Special Music By: Mary Mikels-FA 6:30 Bananagrams-C</p>	
<p>14 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 Endurance w/ Dana-FA 6:30 Chicken Foot-C</p>	<p>16 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:30 Walking Club-Bridge 1:30 Yoga 2 (Mat) w/ Dana-FA 2:15 Common Knowledge-FA 3:30 Town Meeting-FA 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 10:30 Painting Class w/ Ginnie-AR 1:30 Balance Class-FA 3:30 Mr. Briggs Presentation-FA "Unity & Diversity"</p>	<p>18 9:30 AARP Drivers Safety Course-FA 10:00 Aqua Fit-P 1:30 Sit & Be Fit-AR 2:00 Corn Hole-AR 3:00 Zumba w/ Paula-FA 6:30 5 Crowns-C (Lesson) 7:00 Music on the Patio-Café Saxophone Player: Brandon Robertson</p>	<p>19 9:00 Stretcherize-FA 9:30 Coffee Club-AR 9:30 Trip to Virginia Museum of Natural History-O 10:00 Swim w/ Friends-P 1:15 Virtual Qigong-AR 6:30 Bananagrams-C</p>	
<p>21 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C (Lesson) 6:00 Vespers-FA</p>	<p>22 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 Yoga 1 (Chair) w/ Dana-FA 6:30 Chicken Foot-C</p>	<p>23 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 12:00 Lunch & Learn about OTHERS-FA 2:00 Qigong/Tai-Chi w/ Dana-AR 3:15 Trip to get Italian Ice-O 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 1:30 Sound Therapy w/ Wildlight Wellness-FA 2:00 Bible Study-AR 3:30 Cardio Drumming-FA 4:00 Yoga 1 (Chair) w/ Dana-FA</p>	<p>25 10:00 Aqua Fit-P 12:00 Birthday Lunch-DR 1:30 Sit & Be Fit-FA 2:00 Trivia Challenge-FA 3:00 Zumba w/ Paula-FA 6:30 5 Crowns-C 6:30 Gent's Night-AR (Darts & Dawgs)</p>	<p>26 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Swim w/ Friends-P 10:30 Lunch at The Plaza-O 1:15 Virtual Qigong-AR 2:00 Cooking Demo w/ Chef Eric-DR 3:30 Wine & Cheese Social-C 4:00 Olympic Competition: Egg Race-Café Patio 6:30 Bananagrams-C</p>	
<p>28 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>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-Library 3:00 Bingo-FA 4:00 Olympic Competition: Wheelchair Race-3rd Floor Lobby 6:30 Chicken Foot-C</p>	<p>30 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:15 Shopping at Walmart-O 1:30 Yoga 2 (Mat) w/ Dana-FA 3:00 Watermelon Social w/ Broad River 4:00 Olympic Competition: Air Hockey-FA</p>	<p>31 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 4:00 Olympic Competition: Axe Throwing-3rd Floor Lobby</p>	 <p>Brookridge Retirement Community 1199 Hayes Forest Drive Winston Salem, NC 27106 336-759-1044</p>	<p>Activity Key Locator AR-Activity Room DR-Dining Room FA-Feezor Auditorium C-Café AL-Assisted Living O-Outing P-Pool</p>	