



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>Activity Key Locator</p> <p>AR-Activity Room DR-Dining Room FA-Feezor Auditorium C-Café AL-Assisted Living O-Outing P-Pool</p>			<p>1</p> <p>8:00 Men's Breakfast at Carriage House 10:00 Swim w/ Friends-P 10:00 Lynch Ladies Brunch-C 11:00 Menu Review w/ Dana & Eric-FA 1:30 Sit & Be Fit-FA 2:00 Food Committee Meeting-PDR 3:00 Zumba w/ Paula-FA 6:30 5 Crowns-C 6:30 Dog Visits w/ Elite Canine-AR</p>	<p>2</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Zumba-P 1:15 Virtual Qigong-AR 2:00 Chair Yoga w/ Tiffany-FA 6:30 Bananagrams-C (Lesson)</p>	<p>3</p> <p>10:00 Water Walking-P 2-5 Skipbo-C</p>
<p>4 <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>Menu Week 2</p>	<p>5</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Swim w/ Friends-P 11:15 Libby Austell Memorial-O 2-3 Forsyth Mobile Library-AR 3:00 Prayer Hour-Chapel 3:30 Bingo-FA 6:30 Chicken Foot-C (Lesson)</p>	<p>6</p> <p>9:30 Golfer's Day-Winston Lake-O 10:00 Messages w/ Summer-Appointments 2:00 Corn Hole-AR 3:45 Early Dinner at Chicken Salad Chick-O 6:30 Mahjong-C</p>	<p>7</p> <p>9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Messages w/ Summer-Appointments 10:30-1:30 Alzheimer's Kick-Off-FA 1:30 Balance Class-AR 3:30 Speaker: Dr. Bill Partin-FA 4:15 Yoga 2 (Mat) w/ Dana-FA</p>	<p>8</p> <p>10:00 Aqua Fit-P 10:15 Chef's Trip: Shelton Winery-O (Lunch & Wine Tasting) 1:30 Sit & Be Fit-FA 2:30 Crafty Crafters-AR 4:00 Trivia Challenge-FA 6:30 5 Crowns-C</p>	<p>9</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Swim w/ Friends-P 10:15 Shopping at The Snob Shop-O 1:15 Virtual Qigong-AR 2:30 Cruising with the Bob & Sue-FA 6:30 Bananagrams-C</p>	<p>10</p> <p>10:00 Water Walking-P 2-5 Skipbo-C (Lesson)</p>
<p>11</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>Menu Week 3</p>	<p>12</p> <p>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 Endurance w/ Dana-FA 6:30 Chicken Foot-C</p>	<p>13</p> <p>9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Messages w/ Summer-Appointments 10:30 Walking Club @ Crossnore-O 2:00 Trip to the Farmers Market-O 3:30 Resident Council-PDR 6:30 Canasta-C (Lesson)</p>	<p>14 9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:00 Messages w/ Summer-Appointments 10:30 Painting Class w/ Ginnie-AR 1:30 Balance Class-FA 2:00 Bible Study-AR 3:30 Jeopardy-FA</p>	<p>15</p> <p>9:15 Self Care Outing to: Wolf Moon Salt Cave-O 10:00 Swim w/ Friends-P 3:00 Zumba w/ Paula-FA 6:30 5 Crowns-C (Lesson)</p>	<p>16</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:15 Virtual Qigong-AR 3:00 Wine & Cheese Social-C 6:30 Bananagrams-C</p>	<p>17</p> <p>10:00 Water Walking-P 2-5 Skipbo-C 6:30 Saturday Evening Social-C</p>
<p>18</p> <p>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>Menu Week 4</p>	<p>19</p> <p>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 1 (Chair) w/ Dana-FA 6:30 An Evening with Frank Sinatra-FA</p>	<p>20</p> <p>9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Messages w/ Summer-Appointments 1:30 Yoga 2 (Mat) w/ Dana-FA 2:15 Corn Hole-AR 3:30 Town Meeting-FA 6:30 Rummikub-C (Lesson)</p>	<p>21</p> <p>9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:00 Messages w/ Summer-Appointments 1:30 Balance Class-FA 3:00 Movie Matinee-FA</p>	<p>22</p> <p>8:15 Trip to the NC Arboretum-O 10:00 Swim w/ Friends-P 6:30 5 Crowns-C 6:30 Gent's Night-O (Carpool to a Brewery)</p>	<p>23</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:15 Virtual Qigong-AR 3:30 Newcomer Meet and Greet-FA 6:30 Bananagrams-C</p>	<p>24</p> <p>10:00 Water Walking-P 2-5 Skipbo-C</p>
<p>25</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>Menu Week 5</p>	<p>26</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:30 Shopping at Walmart-O 1:30 Balance Class-FA 2:00 The Bookies Book Club-PDR 3:15 Bingo-FA 4:00 Endurance w/ Dana-FA 6:30 Chicken Foot-C</p>	<p>27</p> <p>9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Messages w/ Summer-Appointments 10:30 Walking Club-Bridge 1:30 Qigong/Tai-Chi w/ Dana-AR 2:15 Corn Hole-AR 3:00 Common Knowledge-FA 6:30 Canasta-C</p>	<p>28 9-12 IL Clinic-6th Floor</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:00 Messages 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</p>	<p>29</p> <p>10:00 Aqua Volleyball-P 12:00 Birthday Lunch-DR 1:30 Sit & Be Fit-FA 3:00 Zumba w/ Paula-FA 4:00 Afternoon Concert with: Gary Brunotte-FA 6:30 Alzheimer's Bingo Fundraiser-FA</p>	<p>30</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 12:00 Summer Luau-Outside 1:15 Virtual Qigong-AR 3:30 Self Care Techniques w/ Broad River 6:30 Bananagrams-C</p>	<p>31</p> <p>10:00 Water Walking-P 2-5 Skipbo-C</p>