



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <u>Wear Your Name Tag Week</u> 9:30 PowerBall Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 2:00 Corn Hole-AR 4:00 Taichi/Gigong-AR 6:30 Mahjong-C	2 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 3:00 Wellness Wednesday w/ Broad River-FA	3 8:00 Men's Breakfast at King Kitchen 10:00 Swim w/ Friends-P 10:00 Lynch Ladies Brunch-C 1:30 Sit & Be Fit-FA 2:00 Food Committee Meeting-PDR 3:00 Zumba-FA 6:30 5 Crowns-C 6:30 Dog Visits w/ Elite Canine-AR	4 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Swim w/ Friends-P 10:00 Hawks Pumpkin Patch & Lunch at Clemmons Kitchen-O 1:30 Virtual Qigong-AR 6:30 Bananagrams-C	5 10:00 Water Walking-P 2-5 Skipbo-C 3:00 Music by Robbie (HC 7th Floor Solarium)
6 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA Menu Week 2	7 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Balance Class-FA 2:00 Forsyth Mobile Library-AR 3:15 Bingo-FA 4:00 Yoga-FA 6:30 Chicken Foot-C	8 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 11:00 Trip to the Carolina Classic Fair-O 3:30 Resident Council-PDR 6:30 Canasta-C	9 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Massages w/ Summer-Appointments 10:00 Aqua Fit-P 10:30 Painting Class w/ Ginnie-AR 1:30 Balance Class-FA 2:00 Bible Study-AR 3:30 Speaker: Bill Partin-FA 4:15 Yoga w/ Dana-FA	10 8:00 Raleigh Day Trip: World Religion Temples-O 10:00 Swim w/ Friends-P 3:00 Movie: Hocus Pocus-AR 6:30 5 Crowns-C	11 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Zumba-P 1:30 Virtual Qigong-AR 2:00 Wine & Cheese Social-C 6:30 Bananagrams-C	12 10:00 Water Walking-P 2-5 Skipbo-C
13 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA Menu Week 3	14 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Balance Class-FA 3:00 Pink Party for Breast Cancer-S 4:00 Yoga-FA 6:30 Chicken Foot-C	15 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:30 Walking Club @ Shaffner Park-O 2:00 Corn Hole-AR 3:30 Town Meeting-FA 6:30 Rummikub-C	16 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Massages w/ Summer-Appointments 10:00 Aqua Fit-P 1:30 Balance Class-FA 3:00 Oktoberfest-Outside Lobby	17 10:00 Aqua Fit-P 12:00 Birthday Lunch-DR 1:00 Beltone Hearing Clinic-AR 1:30 Sit & Be Fit-FA 3:00 Zumba-FA 4:00 Activity Committee Meeting-AR 6:30 5 Crowns-C	18 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Virtual Qigong-AR 2:00 Jeopardy-FA 3:30 Hot Air Balloon Festival-O 6:30 Bananagrams-C	19 10:00 Water Walking-P 2-5 Skipbo-C 6:30 Saturday Evening Social-C
20 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA Menu Week 4	21 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-FA 6:30 Chicken Foot-C	22 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:00 Shopping at Walmart-O 2:00 Corn Hole-AR 4:00 Taichi/Gigong-AR 6:30 Canasta-C	23 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Massages w/ Summer-Appointments 10:00 Aqua Fit-P 1:30 Sound Therapy-AR 2:00 Bible Study-Chapel 3:30 Legacy Players Comedy Play-FA	24 10:00 Aqua Fit-P 11:30 Maple Springs Senior Lunch-O 2:00 Sit & Be Fit-FA 3:00 Zumba-FA 5:30 Dinner & Ghost Tour-O 6:30 5 Crowns-C	25 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Virtual Qigong-AR 2:30 Decorating Pumpkins-AR 4:15 Endurance Clas-FA 6:30 Bananagrams-C	26 10:00 Water Walking-P 2-5 Skipbo-C
27 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA Menu Week 1	28 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-PDR 3:15 Bingo-FA 4:00 Yoga-FA 6:30 Chicken Foot-C	29 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:30 Walking Club @ Crossnore-O 2:00 Endurance Class-FA 6:30 Murder Mystery Dinner-DR	30 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Massages w/ Summer-Appointments 10:00 Aqua Fit-P 10:30 Painting Class w/ Ginnie-AR 1:30 Balance Class-FA 3:00 Trivia Challenge-AR 4:15 Yoga w/ Dana-FA	31 <u>Halloween</u> 10:00 Aqua Volleyball-P 3:00 Halloween Disco Party-FA 6:30 5 Crowns-C	Brookridge Retirement Community 1199 Hayes Forest Drive Winston Salem, NC 27106 336-759-1044	Activity Key Locator AR-Activity Room DR-Dining Room FA-Feezor Auditorium C-Café AL-Assisted Living O-Outing P-Pool