






February 2025 Independent Living Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Brookridge Retirement Community 1199 Hayes Forest Dr. Winston Salem NC 27106 336-759-1044	Activity Key Locator FA = Auditorium AR = Activity Room DR = Dining Room PDR = Private Dining Rm. C = Cafe P = Pool O = Outing; must sign up						1 10am Water walking 2-5pm Skipbo <i>*Please wear your name tag the 1st—10th.</i>
2 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 3	3 9am Stretcherize/Coffee 10am AquaFit 10:30am Crafts—AR 1:30pm Balance Class 2pm Cornhole—lobby 2pm Mobile Library 3pm Bingo 4pm Chair Exercise-Strength 6:30pm Cards & Games	4 9:30am PowerBall 10am Weight Mgt Group 10am Massage w/Summer 1:30pm Chair Exercise—Stretch 2:00pm Mat Yoga 3:00pm Tech Class—Resident App—AR 6:30pm Cards & Games	5 8:30am Women’s Breakfast @ Zoe’s—O 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am Massage w/Summer 10am Aqua Fit 1:30pm Balance Class 2pm Bible Study—AR 3pm Trivia 6pm Movie Night—FA	6 8:30am Men’s Breakfast @ Zoe’s 9:30am Endurance 10am Lynch Ladies Breakfast—C 1:30pm Sit n Fit 2pm Mat Yoga 2pm Food Service Committee PDR 3pm Zumba w/Paula 6:30pm Cards & Games 6:30pm Elite Canine Dog Visits—AR 7:30pm UNCSA Jazz Ensemble—O	7 9am Stretcherize/Coffee 10am AquaFit 11am Choir Rehearsal—FA 1:30pm QiGong/Tai Chi 3pm Amy Sheldon, Heart Health Speaker—FA 4pm Community Chat—C 6pm Cards & Games	8 10am Water walking 2-5pm Skipbo 6:30pm Saturday Social 	
9 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 1	10 9am Stretcherize/Coffee 10am AquaFit 10:30am Crafts—AR 1:30pm Balance Class 2:30pm Ian Benjamin Sings 3:30pm Bingo 4pm Chair Exercise-Strength 6:30pm Cards & Games	11 9:30am PowerBall 10am Weight Mgt Group 10am Massage w/Summer 1:30pm Chair Exercise-Stretch 2:00pm Mat Yoga 3:30pm Resident Council Mtg 6:30pm Cards & Games	12 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am Massage w/Summer 10am AquaFit 12pm Birthday Luncheon—DR 1pm Housekeeping Mtg—PDR 1:30pm Balance Class 3pm Jeopardy 5pm Mi Pueblo Dinner—O	13 9:30am Endurance 10:30am Walmart Trip—O 1:30pm Sit n Fit 2pm Mat Yoga 3pm Rick Brooks—Elvis is in the Building! - FA 6:30pm Cards & Games	14 9am Stretcherize/Coffee 10am AquaFit 11am Bell Choir Rehearsal—FA 1:30pm QiGong/Tai Chi 2pm Cardio Drumming & Meditation w/Tiffany—FA 3pm Zumba w/Paula 3pm Activity Committee Mtg 4pm Community Chat—C 6pm Cards & Games	15 10am Water walking 2-5pm Skipbo	
16 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 2	17 9am Stretcherize/Coffee 10am Swim with friends 10:30am Crafts—AR 2pm Cornhole—lobby 3pm Bingo 4pm Chair Exercise-Strength 6:30pm Cards & Games	18 9:30am PowerBall 10am Weight Mgt Group 10am Massage w/Summer 1:30pm Chair Exercise-Stretch 2:00pm Mat Yoga 3:30pm Town Hall Mtg—FA 6:30pm Cards & Games	19 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am Massage w/Summer 10am Aqua Fit 10:30am Hanes Mall Trip —O 1:30pm Balance Class 2pm Bible Study—AR 3pm Trivia 6PM Movie Night—FA	20 9:30am Endurance 1:30pm Sit n Fit 2pm Mat Yoga 3pm Zumba w/Paula 3pm 1920’s Valentine Wine & Cheese Party 6:30pm Cards & Games	21 9am Stretcherize/Coffee 10am AquaFit 11am Choir Rehearsal—FA 1:30pm QiGong/Tai Chi 4pm Community Chat—C 6pm Cards & Games 7:30pm—UNCSA Winter Ballet—O	22 10am Water walking 2-5pm Skipbo	
23 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 3	24 9am Stretcherize/Coffee 10am AquaFit 10:30am Crafts—AR 1:30pm Balance Class 2pm Cornhole—lobby 2pm Bookies Book Club—PDR 3pm Bingo 4pm Chair Exercise-Strength 6:30pm Cards & Games	25 9:30am PowerBall 10am Walking Club—CG Hill Memorial Park—O 10am Massage w/Summer 1:30pm Chair Exercise-Stretch 2pm Mat Yoga 3pm Kull’s Presentation—FA 6:30pm Cards & Games	26 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am Massage w/Summer 10am AquaFit 1:30pm Balance Class 3pm Jeopardy—AR	27 9am Day trip: train from High Point to Raleigh (with lunch) - O  6:30pm Cards & Games	28 9am Stretcherize/Coffee 10am AquaFit 11am Bell Choir Rehearsal—FA 1:30pm QiGong/Tai Chi 2pm Cardio Drumming & Meditation w/Tiffany—FA 3pm Zumba w/Paula 4pm Community Chat—C 6pm Cards & Games 6:30pm Kevin Jasper, singer—FA	