






April 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		1 9:30am PowerBall 10am Massage w/Summer 10:30am Walking Club – Shaffner—O 1:30pm Chair Exercise/Stretch 2pm Senior Health Event-FA 6:30pm Cards & Games	2 Auditorium Reserved 8:30am Women’s Breakfast—PB Clarks—O 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee—AR 10am AquaFit 10am Massage w/Sumner 1:30pm Balance Class—AR 3pm Jeopardy –FA	3 Auditorium Reserved 8:30am Men’s Breakfast—PB Clark 9:30am Endurance—AR 10am Lynch Ladies Brunch—C 1:30pm Sit n Fit—AR 2pm Food Service Committee PDR 3pm Zumba w/Paula—AR 6:30pm Elite Canine Dog Visits—AR 6:30pm Cards & Games	4 9am Stretcherize/Coffee 9am - 5pm Raleigh Trip to Buddhist Temple (w/lunch and tea ceremony) 11am Brookridge Singers 4pm Community Chat—C 6pm Cards & Games	5 10am Water walking 2-5pm Skipbo <i>*Please wear your name tag the 1st—10th.</i>
6 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 3	7 9am Stretcherize/Coffee 10am AquaFit 11—12:30 Crafts (Ceramics) 1:30pm Balance Class 2pm Mobile Library 2pm Cornhole—lobby 3pm Bingo 6:30pm Cards & Games	8 9:30am PowerBall 10am Massage w/Sumner 10:30am Walmart—O 1:30pm Chair Exercise/Stretch 2:00pm Mat Yoga 3:30pm Resident Council Mtg 6:30pm Cards & Games	9 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10:30am Memorial Service—FA 12pm Birthday Luncheon—DR 1pm Housekeeping Mtg—PDR 1:30pm Balance Class 2pm Bible Study—AR 3pm Trivia—AR 6pm Movie Night-FA	10 9:30am Endurance 10:30am Woof Walk @ Reynolda, benefits WS Humane Society—O 12pm Tech Class (Computer Basics) w/Emily 1:30pm Sit n Fit 2pm Mat Yoga 3pm Zumba w/Paula 6:30pm Cards & Games	11 9am Stretcherize/Coffee 10am AquaFit 11am Bell Rehearsal 1:30pm QiGong/Tai Chi 2pm Cardio Drumming & Meditation w/Tiffany—FA 4pm Community Chat—C 6pm Cards & Games	12 10am Water walking 2-5pm Skipbo 6:30pm Saturday Social “Finger foods & spring mixes” 
13 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 1	14 9am Stretcherize/Coffee 10am AquaFit 11—12:30 Crafts (Ceramics) 1:30pm Balance Class 2pm Cornhole—lobby 3pm Bingo 6:30pm Cards & Games	15 9:30am PowerBall 10am Massage w/Sumner 1:30pm Chair Exercise/Stretch 2pm Fun Games for Stress-free living (w/prizes!) 3:30pm Town Hall Mtg—FA 6:30pm Cards & Games	16 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am AquaFit 10am Massage w/Sumner 12pm Tech Class (Tablets) w/Emily 1:30pm Balance Class 3pm Trivia—AR 5pm Dinner @ Riverbirch	17 9:30am Endurance 10:30am Woof Walk @ Reynolda, benefits WS Humane Society—O 1:30pm Sit n Fit 2pm Mat Yoga 3pm Zumba w/Paula 6:30pm Cards & Games	18 Good Friday 9am Stretcherize/Coffee 10am AquaFit 11am Brookridge Singers 1:30pm QiGong/Tai Chi 4pm Community Chat—C 6pm Cards & Games	19 10am Water walking 2-5pm Skipbo 3pm Children’s Flute Performance-FA
20 EASTER SUNDAY 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 2	21 9am Stretcherize/Coffee 10am AquaFit 11—12:30 Crafts (Ceramics) 1:30pm Balance Class 2pm Cornhole—lobby 3pm Bingo 6:30pm Cards & Games	22 9am Allegra Music Session 10am Massage w/Sumner 10:30am Walmart—O 1:30pm Chair Exercise/Stretch 2pm Mat Yoga 6:30pm Cards & Games	23 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am Aqua Fit / 10am Massage 10:30am Painting w/Ginnie—AR 1:30pm Balance Class 2pm Bible Study—AR 3pm Jeopardy 6:30pm Ballymore Opera @ Agnes de Mille Theatre—O	24 9:30am Endurance 11am “Our State” Presentation, FA 11:30am Maple Springs Lunch—O 2pm Sit n Fit—AR 3pm Zumba w/Paula-AR 6:30pm Cards & Games	25 9am Stretcherize/Coffee 10am AquaFit 11am Bell Rehearsal 1:30pm QiGong/Tai Chi 2pm Cardio Drumming & Meditation w/Tiffany—FA 3pm Spring Fling Wine & Cheese Party 6pm Cards & Games	26 10am Water walking 2-5pm Skipbo
27 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 3	28 9am Stretcherize/Coffee 10am AquaFit 11—12:30 Crafts (Ceramics) 1:30pm Balance Class 2pm Cornhole—lobby 2pm Bookies Book Club—PDR 3pm Bingo 6:30pm Cards & Games	29 9:30am PowerBall 10am Stress Mgt Relaxation Session-FA 10am Massage w/Sumner 1:30pm Chair Exercise/Stretch 2pm Mat Yoga 6:30pm Cards & Games	30 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am AquaFit 10am Massage w/Sumner 1:30pm Balance Class 3pm Jeopardy		Activity Key Locator FA = Auditorium AR = Activity Room DR = Dining Room PDR = Private Dining Rm. C = Cafe P = Pool O = Outing; must sign up	April is Stress Mgt Month 