



NOVEMBER 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  4:00 Vespers-FA Week #3	2 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aquatic Therapy w/ Legacy-P 1:30 Endurance Class w/ MB-FA 3:00 Bingo-FA 6:00 Game of Chicken Foot-GR	3 10:00 Meditation w/ MB-FA 10:00 Shopping at Lowes-O 1-2 IL Clinic w/ MB 1:30 Tai Chi-FA  3:00 Day of the Dead Celebration-FA 6:30 Night at the Movies-FA (Coco)	4  9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 2:30 Necklace Craft w/ Joyce-AR 4:00 Wii Sports w/ MB-FA	5 10:00 Aqua Fit w/ MB-P 10:30 Balance Class w/ Legacy-FA 1:30 Tai Chi-FA 2:15 Men's Billiards Game-GR 3:30 Zumba w/ Paula-FA	6 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Garden Club-AR 11:30 Lunch at j. Peppers Grille-O 2:00 Endurance Class w/ MB-FA	7  10:00 Bible Study w/ Pat-FA (The Book of Genesis) 2-5 Skipbo-GR
8 4:00 Vespers-FA  Week #4	9 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class w/ MB-FA 3:00 Bingo-FA 6:00 Game of Chicken Foot-GR	10 10:00 Meditation w/ MB-FA 10:45 Sit & Flex w/ MB-FA 1-2 IL Clinic w/ MB 1:30 Tai Chi-FA 2:15 Corn Hole-AR 4:00 Resident Council-GR 6:30 Canasta-GR 6:30 Pet Therapy w/ Percy the Poodle	11 8:30 Veterans Breakfast-DR 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Painting Class-AR 2:00 Bible Study-FA 3:15 Crafty Crafters-AR 	12 9-12 Beltone Hearing Clinic-AR 10:00 Aqua Fit w/ MB-P 10:00 Shopping at Walmart-O 1:30 Tai Chi-FA 2:15 Rummikub-GR 3:30 Zumba w/ Paula-FA	13 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Senior Fit w/ Legacy-FA 1:30 Endurance Class w/ MB-FA 2:30 This Month in History w/ MB-FA 3:45 Escape Room Adventure-O	14 10:00 Bible Study w/ Pat-FA (The Book of Genesis) 2-5 Skipbo-GR
15 4:00 Vespers-FA Week #5	16 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aquatic Therapy w/ Legacy-P 1:30 Endurance Class w/ MB-FA 3:00 Bingo-FA 6:00 Game of Chicken Foot-GR	17 10:00 Meditation w/ MB-FA 10:00 Massages w/ Sara-Apt.102 10:30 Trip to the Mast General Store-O 1-2 IL Clinic w/ MB 1:30 Tai Chi-FA 2:30 Cooking Demo w/ Gevontae-DR	18  9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Shopping at Walmart-O 3:30 Armchair Travel: Cambodia-FA	19 10:00 Aqua Fit w/ MB-P 11:45 Friendsgiving Luncheon-FA 1:45 Tai Chi-FA 2:15 Trivia-AR 3:30 Zumba w/ Paula-FA 4:45 Birthday Dinner-DR	20 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 11:45 Friendsgiving Luncheon-FA 1:45 Endurance Class w/ MB-FA 2:30 Moving for Life w/ Legacy-FA 3:30 Wine & Cheese Social-GR	21 10:00 Bible Study w/ Pat-FA (The Book of Genesis) 2-5 Skipbo-GR 
22 4:00 Vespers-FA Week #1	23 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class w/ MB-FA 3:00 Bingo-FA 6:00 Game of Chicken Foot-GR	24 10:00 Meditation w/ MB-FA 10:00 Shopping at Harris Teeter-O 10:45 Sit & Flex w/ MB-FA 1-2 IL Clinic w/ MB 1:30 Tai Chi-FA 2:15 Corn Hole-AR  6:30 Canasta-GR	25 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Painting Class-AR 2:00 Manicures-AR 3:00 Basic Spanish w/ MB-FA	26  	27 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class w/ MB-FA 3:00 Book Club-LR	28 10:00 Bible Study w/ Pat-FA (The Book of Genesis) 2-5 Skipbo-GR
29 4:00 Vespers-FA  Week #2	30 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aquatic Therapy w/ Legacy-P 1:30 Endurance Class w/ MB-FA 3:00 Bingo-FA 6:00 Game of Chicken Foot-GR				Activity Key Locator AR-Activity Room DR-Dining Room FA-Feezor Auditorium CH-Club House GR-Game Room P-Pool SO-7 West Solarium O-Outing LR-Living Room	Brookridge Retirement Community 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044