




















JANUARY 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Activity Key Locator</u> 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</p>	<p>Brookridge Retirement Community 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044</p>				<p>1</p> 	<p>2</p> <p>2-5 Skipbo-GR</p>
<p>3</p> <p>4:00 Vespers-FA</p>  <p>Week #2</p>	<p>4</p> <p>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</p>	<p>5</p> <p>10:00 Meditation w/ MB-FA 10:30 Shopping at Walmart-O 1-2 IL Clinic w/ MB 1:30 Tai Chi-FA 3:00 Corn Hole-AR 5-6 Dinner Tunes by Ronnie-DR</p> 	<p>6</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Painting Class-AR 1:30 Sit & Be Fit w/ MB-FA 3:00 Armchair Travel (Greenland)-FA</p>	<p>7</p>  <p>10:00 Aqua Fit w/ MB-P 10:00 Posture Training w/ Legacy-FA 1:30 Tai Chi-FA 2:15 Rummikub-GR 3:30 Zumba w/ Paula-FA</p>	<p>8</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Trip to Concord Aquarium-O 6:30 Elvis Presley Birthday Movie Special-FA</p>	<p>9</p>  <p>2-5 Skipbo-GR</p>
<p>10</p> <p>4:00 Vespers-FA</p> <p>Week #3</p>	<p>11</p> <p>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</p>	<p>12</p> <p>10:00 Meditation w/ MB-FA 10:00 Shopping at Lowes-O 10:00 Massages w/ Sara-Apt.102 1-2 IL Clinic w/ MB 1:30 Tai Chi-FA 2:30 Clutch Coffee Bar-O 4:00 Resident Council-GR 6:30 Canasta-GR</p>	<p>13</p>  <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Sit & Be Fit w/ MB-FA 2:00 Bible Study-FA 3:00 Western NC Nature Center Virtual Program-FA</p>	<p>14</p> <p>10:00 Aqua Fit w/ MB-P 10:30 National Virtual Medical-Orchestra (Musical Postcards)-FA 1:30 Tai Chi-FA 2:15 Trivia-AR 3:30 Zumba w/ Paula-FA</p>	<p>15</p>  <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Yoga w/ Joy-FA 2:00 Deer Hunting w/ Legacy-FA 3:30 Wine & Cheese Social-GR</p>	<p>16</p> <p>2-5 Skipbo-GR</p>
<p>17</p> <p>4:00 Vespers-FA</p>  <p>Week #4</p>	<p>18</p> <p>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 MLK Bingo-FA 6:00 Game of Chicken Foot-GR 6:30 MLK Luminary Memorial</p>	<p>19</p> <p>9:00 Dice Fitness w/ MB-FA 10:00 Meditation w/ MB-FA 10:30 Shopping at Walmart-O 1-2 IL Clinic w/ MB 1:30 Tai Chi-FA 3:00 Corn Hole-AR 5-6 Dinner Tunes by Ronnie-DR</p> 	<p>20</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Painting Class-AR 1:30 Sit & Be Fit w/ MB-FA 3:30 Wii Games-FA</p>	<p>21</p> <p>10:00 Aqua Fit w/ MB-P 10:00 Brain Fit w/ Legacy-FA 1:30 Tai Chi-FA 2:00 Root Beer Floats & The Good Ole Days w/ The Fellas-GR 3:30 Zumba w/ Paula-FA</p>	<p>22</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 2:00 Technology 101: Best APPS for Seniors w/ MB-FA 3:15 Yoga w/ Joy-FA</p>	<p>23</p>  <p>2-5 Skipbo-GR</p>
<p>24</p> <p>4:00 Vespers-FA</p> <p>Week #5</p>	<p>25</p>  <p>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</p>	<p>26</p> <p>10:00 Meditation w/ MB-FA 10:45 This Month in History w/ MB-FA 1-2 IL Clinic w/ MB 1:30 Tai Chi-GR 2:30 Mind Gym-FA 6:30 Canasta-GR</p>	<p>27</p>  <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Manicures-AR 1:30 Sit & Be Fit w/ MB-FA 2:00 Bible Study-FA 3:30 Basic Spanish w/ MB-FA</p>	<p>28</p>  <p>10:00 Aqua Fit w/ MB-P 10:30 Aboard the National Geographic Explorer to Antarctica-FA 1:30 Tai Chi-FA 2:15 Crafty Crafters-AR 3:30 Zumba w/ Paula-FA 4:45 Birthday Dinner-DR</p>	<p>29</p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Table Talk-LR 3:00 Book Club-LR 3:45 Gentle Chair Yoga w/ MB-FA 6:30 Classic Movie Night-FA</p>	<p>30</p> <p>2-5 Skipbo-GR</p> 
<p>31</p> <p>4:00 Vespers-FA</p> <p>Week #1</p>	<p>31</p> <p>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</p>					