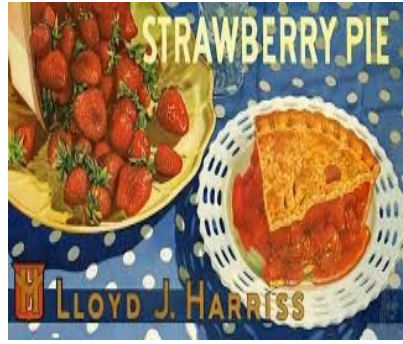


















# MAY 2021



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><b>Brookridge Retirement Community</b>            1199 Hayes Forest Dr.            Winston Salem, NC            27106            336-759-1044</p>				<p><b>1</b></p> <p>2-5 Skipbo-GR</p> 
<p><b>2</b></p>  <p>4:00 Vespers-FA</p> <p><b>Week #5</b></p>	<p><b>3</b></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aquatic Therapy w/ Legacy-P            10:30 Sharp Brains-FA            1:30 Endurance Class w/ MB-FA            3:00 Bingo-FA            6:00 Game of Chicken Foot-GR</p>	<p><b>4</b> <u>Teacher/Police Appreciation Month</u></p> <p>9:30 Making cards for local teachers &amp; police-AR            10:30 Shopping at Walmart-O            1-2 IL Clinic w/ MB            1:30 Tai Chi-FA            2:00 Bridge Group-GR            3:00 Crafty Crafters-AR</p> 	<p><b>5</b> <u>Cinco de Mayo</u></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            10:30 Painting Class-AR            11:30-1 Cinco De Mayo Luncheon-DR            1:30 Sit &amp; Be Fit w/ MB-FA            3:15 Armchair Travel (Costa Rica)-FA</p>	<p><b>6</b> <u>National Day of Prayer</u></p> <p>8:00 Men's Breakfast at Cagney's-O            10:00 Aqua Fit w/ MB-P            10:30 Prayer around the Flagpole            1:30 Tai Chi-FA            2:15 This Month in History w/ MB-FA            3:30 Zumba w/ Paula-FA            6:30 Pet visits with Elite Canine-FA</p>	<p><b>7</b></p>  <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Wii Games-FA            2:00 Mother's Day Flamingle-FA            3:30 Yoga w/ Joy-FA</p>	<p><b>8</b></p> <p>2-5 Skipbo-GR</p>
<p><b>9</b></p> <p><i>Happy Mothers Day</i></p> <p>4:00 Vespers-FA</p> <p><b>Week #1</b></p>	<p><b>10</b></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><b>11</b> 10:00 Walking at Quarry Park-O</p> <p>1-2 IL Clinic w/ MB            1:30 Tai Chi-FA            2:00 Bridge Group-GR            4:00 Resident Council-GR            5-6 Dinner Tunes by Ronnie-DR            6:30 Canasta-GR</p>	<p><b>12</b> <u>National Receptionist Day</u></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            1:30 Sit &amp; Be Fit w/ MB-FA            2:00 Bible Study-FA            3:15 Corn Hole-AR</p>	<p><b>13</b></p> <p>10:00 Aqua Fit w/ MB-P            10:30 Virtual Orchestra-FA            1:30 Tai Chi-FA            2:15 Trivia-AR            3:30 Zumba w/ Paula-FA            6:30 Movie Night-FA</p>	<p><b>14</b></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            11:30 Trip to the Strawberry Farm-O            3:30 Newcomer Social-GR</p>	<p><b>15</b></p> <p>1:15 Zumba w/ Paula-FA            2-5 Skipbo-GR</p> 
<p><b>16</b></p>  <p>4:00 Vespers-FA</p> <p><b>Week #2</b></p>	<p><b>17</b> 9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aquatic Therapy w/ Legacy-P            10:30 Sharp Brains-FA            1:30 Endurance Class w/ MB-FA            3:00 Bingo-FA            6:00 Game of Chicken Foot-GR</p>	<p><b>18</b></p> <p>10:00 Massages w/ Sara-Apt.102            10:30 Lunch at Little Richards BBQ-O            1-2 IL Clinic w/ MB            1:30 Tai Chi-GR            2:00 Bridge Group-GR            4:00 Town Meeting-FA</p> 	<p><b>19</b> 9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            10:30 Painting Class-AR            2:15 Mental Health Information Session w/ Josh from LifeSource-FA            3:00 Rummikub-GR</p>	<p><b>20</b></p>  <p>10:00 Aqua Fit w/ MB-P            10:30 Thrift Store Bargain Shopping-O            1:30 Tai Chi-FA            2:15 Table Talk w/ MB-LR            3:30 Zumba w/ Paula-FA</p>	<p><b>21</b> <u>National Endangered Species Day</u></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            2:00 Educational Video on-Endangered Species-FA            3:30 Wine &amp; Cheese Social-GR</p>	<p><b>22</b></p> <p>2-5 Skipbo-GR</p>
<p><b>23/30</b></p> <p>4:00 Vespers-FA</p>  <p><b>Week #3</b></p>	<p><b>24</b> 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><b>31</b> <i>Memorial Day</i></p>	<p><b>25</b></p> <p>10:00 Fitness Wheel w/ MB-FA            10:30 Shopping at Walmart-O            1-2 IL Clinic w/ MB            1:30 Tai Chi-FA            2:00 Bridge Group-GR            3:15 Basic Spanish w/ MB-FA            5-6 Dinner Tunes by Ronnie-DR            6:30 Canasta-GR</p>	<p><b>26</b> 9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            10:30 Health Talk with Legacy-FA            1:30 Sit &amp; Be Fit w/ MB-FA            2:00 Bible Study-FA            3:00 Mind, Body &amp; Memory w/ Louise-FA            6:00 Night Out at the Winston Salem Dash-Baseball Game-O</p> 	<p><b>27</b></p> <p>10:00 Aqua Fit w/ MB-P            10:30 Word Scramble-AR            1:30 Tai Chi-FA            2:15 Skin Cancer Awareness w/ MB-FA            3:30 Zumba w/ Paula-FA            4:45 Birthday Dinner-DR</p>	<p><b>28</b> <u>National Sunscreen Day</u></p> <p>9:00 Stretcherize-FA            9:30 Coffee Club-AR            10:00 Picnic at Central Park in King &amp; Visit to the Veteran's Memorial-O            3:00 Book Club-LR            3:30 Yoga w/ Joy-FA</p>	<p><b>29</b></p>  <p>2-5 Skipbo-GR</p>