



# JULY 2021



Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

**1**  
 8:00 Men's Breakfast at Cracker Barrel  
 10:00 Open Swim w/ Friends-P  
 1:30 Tai Chi-FA  
 2:15 Wii Bowling-FA  
 3:30 Zumba w/ Paula-FA  
 4:00 Physicians Elder Meet & Greet-FA  
 6:30 Pet visits with Elite Canine-FA

**2**  
 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 10:00 Aqua Fit w/ MB-P  
 2:00 Bledsoe's Presentation-FA  
 (God & Country)  
 3:30 July 4th Celebration-GR  
 (Homemade Ice Cream & Concert)

**3**  
 2-5 Skipbo-GR

**4**  
 10:00 College Park Church Pickup-O  
 10:30 First on Fifth Live Stream-FA  
 4:00 Vespers-FA  
 **Week#4**


**5**  
 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 10:00 Trip to play Mini Golf-O  
 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

**6**   
 10:30 Shopping at Walmart-O  
 1-2 IL Clinic w/ MB  
 1:30 Tai Chi-FA  
 2:15 Economy Museum Virtual Tour-FA  
 3:30 Corn Hole-AR

**7**  
 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 10:00 Aqua Fit w/ MB-P  
 1:30 Sit & Be Fit w/ MB-FA  
 3:00 Rummikub-AR  
 6:30 Crosswords & Brain Teasers-GR

**8**   
 10:00 Aqua Fit w/ MB-P  
 1:30 Tai Chi-FA  
 2:15 This Month in History w/ MB-FA  
 3:30 Zumba w/ Paula-FA  
 6:30 Movie Night-FA

**9**  
 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 9:45 Ride on the Blue Ridge Parkway-  
 (Lunch stop at The Bluffs)  
 10:00 Open Swim w/ Friends-P

**10**   
 1:15 Zumba w/ Paula-FA  
 2-5 Skipbo-GR


**11**  
 10:00 College Park Church Pickup-O  
 10:30 First on Fifth Live Stream-FA  
 4:00 Vespers-FA  
**Week#5**

**12**  
 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 10:00 Aqua Fit w/ MB-P  
 12:00 Lunch at The Moose Café & then a visit to the Farmers Market-O  
 6:00 Game of Chicken Foot-GR

**13** 10:00 Target Toss-AR  
 11:30 Lunch Tunes w/ Ronnie-DR  
 1-5 Beltone Hearing Clinic-AR  
 1:30 Tai Chi-FA  
 2:30 Bingo-FA  
 4:00 Resident Council-GR  
 5:30 WFBH Healthy Aging Webinar-FA  
 6:30 Canasta-GR

**14** 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 10:00 Aqua Fit w/ MB-P  
 10:30 Painting Class w/ Ginnie-AR  
 1:30 Sit & Be Fit w/ MB-FA  
 2:00 Bible Study-FA  
 3:15 Crafty Crafters-AR

**15** 10:00 Aqua Fit w/ MB-P  
 10:30 Making Blueberry Parfaits-AR  
 12-3 IL Physicians Clinic  
 1:30 Tai Chi-FA  
 2:15 Trivia-AR  
 3:30 Zumba w/ Paula-FA  
 6:00 Jazz Concert & Gelato-Outside

**16**   
 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 10:00 Aqua Fit w/ MB-P  
 2:00 Violinist, Rachel Geer-FA  
 3:30 Wine & Cheese Social-GR

**17**  
 1:30 Atkins High School Performance-FA  
 2-5 Skipbo-GR

**18**  
 10:00 College Park Church Pickup-O  
 10:30 First on Fifth Live Stream-FA  
 4:00 Vespers-FA  
**Week#1**

**19**   
 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


**20**  
 10:00 Bocce Ball w/ Legacy-AR  
 1:30 Tai Chi-FA  
 2:00 Jeopardy-FA  
 3:30 Lawn Darts-AR  
 4:00 Town Meeting-FA

**21**  
 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 10:00 Aqua Fit w/ MB-P  
 1:30 Sit & Be Fit w/ MB-FA  
 3:00 Music by Mood Swingz-FA

**22**  
 9:45 Yoga w/ Joy-FA  
 10:00 Aqua Fit w/ MB-P  
 12-3 IL Physicians Clinic  
 1:30 Tai Chi-FA  
 2:00 Basic Spanish w/ MB-AR  
 3:30 Zumba w/ Paula-FA

**23**  
 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 10:00 Aqua Fit w/ MB-P  
 10:30 Wellness Fair-FA  
 2:30 Summer Olympics Party-FA

**24**   
 2-5 Skipbo-GR

**25**  
 10:00 College Park Church Pickup-O  
 10:30 First on Fifth Live Stream-FA  
 4:00 Vespers-FA  
 **Week#2**

**26**  
 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

**27**  
 9:00 Bird Watching w/ MB-GR  
 10:30 Shopping at Walmart-O  
 11:30-12:30 Lunch Tunes w/ Ronnie-DR  
 1:30 Tai Chi-FA  
 2:15 Oh! My achy knees WFBH Webinar-FA  
 6:30 Canasta-GR

**28**   
 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 10:00 Aqua Fit w/ MB-P  
 10:30 Painting Class w/ Ginnie-AR  
 1:30 Sit & Be Fit w/ MB-FA  
 2:00 Bible Study-FA  
 3:30 Armchair Travel (Tokyo)-FA

**29**  
 9:45 Yoga w/ Joy-FA  
 10:00 Aqua Fit w/ MB-P  
 12-3 IL Physicians Clinic  
 1:30 Tai Chi-FA  
 2:15 Table Talk w/ MB-LR  
 3:30 Zumba w/ Paula-FA  
 4:45 Birthday Dinner-DR

**30**  
 9:00 Stretcherize-FA  
 9:30 Coffee Club-AR  
 10:00 Pool Volleyball w/ MB-P  
 12:00 Bailey Park Food Trucks-O  
 3:00 Tomato Sandwiches on the Porch-Outside  
 6:30 Music by Robbie Vance-FA

**31**  
 2-5 Skipbo-GR  
