





















OCTOBER 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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</p>	<p>Brookridge Retirement Community 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044</p>				<p>1 </p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 2:00 UNCSA Virtual Concert-FA 3:30 Table Talk-LR</p>	<p>2</p> <p>1:15 Zumba w/ Paula-FA 2-5 Skipbo-GR</p>
<p>3 Food Service Week 10:00 College Park Church Pickup-O 11:00 First on Fifth Live Stream-FA 2:30 WS Symphony-O 6:00 Vespers-FA</p> <p>Week#1 </p>	<p>4 World Space Week 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>8:45 Carolina Classic Fair-O 1:30 Tai Chi-FA 3:00 Violinist Rachel Geer-FA 6:30 Movie Night-FA</p>	<p>6 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 2:00 Trivia-AR 3:30 Your Unique Personality Traits w/ Louise Craig-FA</p>	<p>7 8:00 Men's Breakfast at Clemmons-Kitchen-O 10:00 Open Swim w/ Friends-P 12-3 IL Physicians Clinic 1:30 Tai Chi-FA 3:30 Zumba w/ Paula-FA 6:30 Pet Visits w/ Elite Canine-FA</p> <p></p>	<p>8 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Kennedy Space Station, Virtual Tour-FA 3:30 Music by Jazz Classique-FA</p>	<p>9 </p> <p>2-5 Skipbo-GR</p>
<p>10 Pastor Appreciation Day 10:00 College Park Church Pickup-O 11:00 First on Fifth Live Stream-FA 6:00 Vespers-FA</p> <p>Week#2</p>	<p>11 </p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 2:30 My Savior by Carrie Underwood, Live from the Ryman-FA 6:00 Game of Chicken Foot-GR</p>	<p>12 9:45 Bingo-FA 10:45 Shopping at The Fresh Market-O 1:30 Tai Chi-FA 2:15 Rummikub-AR 4:00 Resident Council-GR 6:30 Canasta-GR</p>	<p>13 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Memorial Service-FA 1:30 Sit & Be Fit w/ MB-FA 2:00 Bible Study-FA 3:30 Your Unique Personality Traits-FA</p> <p></p>	<p>14 10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-FA 3:30 Zumba w/ Paula-FA 4:45 Birthday Dinner-DR</p>	<p>15 Happy Boss's Day! </p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 10:30 Lunch at Foothills Brewing-O 2:15 Wine & Cheese Social-FA</p>	<p>16</p> <p>9:00 Trip to Tweetsie Railroad-O 2-5 Skipbo-GR</p>
<p>17 </p> <p>10:00 College Park Church Pickup-O 11:00 First on Fifth Live Stream-FA 6:00 Vespers-FA</p> <p>Week#3</p>	<p>18 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 12-5 Massages w/ Sara 1:30 Endurance Class w/ MB-FA 3:00 Bingo-FA 6:00 Game of Chicken Foot-GR</p>	<p>19 </p> <p>9:30 Yoga w/ Joy-FA 10:30 Black Mountain Chocolate Company-O 1:30 Tai Chi-FA 2:30 Marshmallow Roast-Outside 4:00 Town Meeting-FA</p>	<p>20 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 2:00 Jeopardy-FA 3:30 Your Unique Personality Traits-FA</p>	<p>21 </p> <p>10:00 Aqua Fit w/ MB-P 10:00 Shopping at Hamrick's-O 12-3 IL Physicians Clinic 1:30 Tai Chi-FA 2:15 Low Vision Center Info Session-FA 3:30 Zumba w/ Paula-FA</p>	<p>22 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 11-2 Brookridge 70th Anniversary Party-Outside</p>	<p>23 </p> <p>2-5 Skipbo-GR</p>
<p>24/31 Happy Halloween</p> <p>10:00 College Park Church Pickup-O 11:00 First on Fifth Live Stream-FA 6:00 Vespers-FA</p> <p>Week#4</p>	<p>25 Occupational Therapy Wk </p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:45 Corn Hole-AR 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 Wake Forest Webinar (PR)-FA 10:45 Shopping at Walmart-O 1:30 Tai Chi-FA 2:15 Rummikub-AR 3:15 Pumpkin Decorating-AR 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 1:30 Sit & Be Fit w/ MB-FA 2:00 Bible Study-FA 2:30 Crafty Crafters-AR 3:30 Your Unique Personality Traits-FA</p>	<p>28 9:30 Tai Chi-FA 10:00 Aqua Fit w/ MB-P 11:30 Lunch at Deanos BBQ-O 12-3 IL Physicians Clinic 7:00 The Great Gatsby 1920's Gala-FA</p>	<p>29 </p> <p>9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 2:30 Halloween Celebration w/ Music by Gary Squires-FA 6:30 Music by Robbie Vance-FA</p>	<p>30</p> <p>2-5 Skipbo-GR</p>