















JANUARY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Brookridge Retirement Community 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044	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					1 Happy New Year!  2-5 Skipbo-Room 210
2 Menu Week 4 10:00 College Park Church Pickup-O 11:00 First on Fifth Live Stream-Room 210 5:00 Vespers-FA 	3 9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:00 Aquatic Therapy-P 1:30 Endurance Class-Room 209 2-3 Forsyth Mobile Library-Room 210 3:00 Bingo-Room 210 6:00 Chicken Foot-Room 210	4  10:00 Shopping at Publix-O 1:30 Tai Chi-Room 209 2:15 Rummikub-Room 210 3:30 Trivia-Room 210 6:30 Movie Night-Room 209	5 8:00 Men's Breakfast at Duke's-O 9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:00 Open Swim w/ Friends-P 10:30 Memorial Service-FA 1:30 Sit & Be Fit w/ MB-Room 209 3:30 Crafty Crafters-Room 210	6  10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-Room 209 3:30 Zumba w/ Paula-Room 209 6:30 Pet Visits w/ Elite Canine-Room 209	7 9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:30 Lunch at Hops Burger Bar-O 2:00 Aqua Fit w/ MB-P 3:30 Table Talk-Room 209	8 Happy Birthday Elvis! 2-5 Skipbo-Room 210 3:00 Elvis Hits by Taylor Vaden-FA
9 Menu Week 5 10:00 College Park Church Pickup-O 11:00 First on Fifth Live Stream-Room 210 5:00 Vespers-FA	10 9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class-Room 209 3:00 Bingo-Room 210 6:00 Chicken Foot-Room 210	11 10:00 Shopping at Walmart-O 1:30 Tai Chi-Room 209 3:00 Corn Hole-Room 209 4:00 Resident Council-Room 210 6:30 Canasta-Room 210	12  9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:00 Aqua Fit w/ MB-P 10:30 Painting Class-Room 210 1:30 Sit & Be Fit w/ MB-Room 209 2:00 Bible Study-Room 209	13 10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-Room 209 3:30 Zumba w/ Paula-Room 209 4:45 Birthday Dinner-O	14  9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:00 Trip to the Discovery Place-O 10:00 Open Swim w/ Friends-P	15 National Hat Day 2-5 Skipbo-Room 210 Wear a hat for National Hat Day Today!
16 Menu Week 1 10:00 College Park Church Pickup-O 11:00 First on Fifth Live Stream-Room 210 5:00 Vespers-FA	17 9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:00 Aquatic Therapy-P 1:30 Endurance Class-Room 209 3:00 Bingo-Room 210 6:00 Chicken Foot-Room 210 6:30 In Remembrance of Martin-A video about MLK-Room 209	18  9:00 Yoga w/ Joy-Room 209 10:00 Shopping at Aldi's-O 1:30 Tai Chi-Room 209 2:15 Make a Snow Globe!-Room 210 4:00 Town Meeting-FA	19 9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:00 Aqua Fit w/ MB-P 1:30 Sit & Be Fit w/ MB-Room 209 2:00 Manicures-Room 210 3:30 Jeopardy-Room 209	20 10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-Room 209 2:00 Show & Tell Circle-Room 209 3:30 Zumba w/ Paula-Room 209	21 9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:30 Lunch at Lexington BBQ-O 2:00 Aqua Fit w/ MB-P 3:30 Wine & Cheese Social- Room 210	22  2-5 Skipbo-Room 210
23/30 Menu Week 2/3 10:00 College Park Church Pickup-O 11:00 First on Fifth Live Stream-Room 210 5:00 Vespers-FA  Activity Staff Week	24/31 9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class-Room 209 3:00 Bingo-Room 210 6:00 Chicken Foot-Room 210	25 9:00 Wake Forest Webinar-Room 209 10:00 Shopping at Target-O 1:30 Tai Chi-Room 209 2:00 Guitarist David Cray-Room 209 6:30 Canasta-Room 210	26  9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:00 Aqua Fit w/ MB-P 10:30 Painting Class-Room 210 1:30 Sit & Be Fit w/ MB-Room 209 2:00 Bible Study-Room 209 3:30 Cardio Drumming-Room 209	27 10:00 Aqua Fit w/ MB-P 11:30 Maple Springs Senior Lunch-O 12-3 IL Physicians Clinic 2:00 Tai Chi-Room 209 3:30 Zumba w/ Paula-Room 209	28 9:00 Stretcherize-Room 209 9:30 Coffee Club-Room 209 10:00 Aqua Fit w/ MB-P 11:30 Lunch at Chick-Fil-A & A Movie at The Grand Theater-O	29 2-5 Skipbo-Room 210 