
















June 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>BEST DAD'S</p>  <p>IN THE UNIVERSE!</p>		<p>1 </p> <p>9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 11:00 Massages w/ Summer-Appointments 1:30 Sit & Be Fit w/ MB-AR 3:30 Table Talk-AR</p>	<p>2</p> <p>8:00 Men's Breakfast at Steven's-O 10:00 Open Swim with Friends-P 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 2:15 Myrtle Beach Trip Meeting-AR 3:30 Zumba w/ Paula-AR 6:30 Pet Visits w/ Elite Canine-Lobby</p>	<p>3</p> <p>8:45 Day Trip to Sarah P. Duke Gardens in Durham-O 9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P</p>	<p>4 </p> <p>2-5 Skipbo-AR</p>
<p>5 Menu 5</p> <p>10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-5th Floor AL 5:00 Vespers-Cafe</p> 	<p>6 9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Trip to First Citizens-O 1:30 Endurance Class-AR 2-3 Mobile Library-AR 3:15 Bingo-AR 6:30 Chicken Foot-AR</p>	<p>7 </p> <p>9:00 Soleful Strutters-Lobby 9:30 Greensboro Science Center-O 1:30 Tai Chi-AR 3:30 Trivia-AR</p>	<p>8</p> <p>9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Painting Class-AR 11:00 Massages w/ Summer-Appointments 1:30 Sit & Be Fit w/ MB-AR 2:00 Bible Study-AR</p>	<p>9</p> <p>10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 2:00 Farkle-AR 3:30 Zumba w/ Paula-AR 4:45 Birthday Dinner-O</p>	<p>10 </p> <p>8:30 Lake Norman Boat Ride-O 9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P</p>	<p>11</p> <p>2-5 Skipbo-AR</p>
<p>12 Menu 1</p> <p>10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-5th Floor AL 5:00 Vespers-Cafe</p>	<p>13</p> <p>9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aquatic Therapy-P 1:30 Endurance Class-AR 3:15 Luau Bingo w/ Broad River-AR 6:30 Chicken Foot-AR</p>	<p>14 <u>Flag Day</u></p> <p>9:00 Soleful Strutters-Lobby 10:30 Shopping at Walmart-O 1:30 Tai Chi-AR 2:30 Corn Hole-Outside 4:00 Resident Council-AR 6:30 Canasta-AR (Everyone put a flag on your door)</p>	<p>15 </p> <p>9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 11:00 Massages w/ Summer-Appointments 1:30 Sit & Be Fit w/ MB-AR 3:00 Crafty Crafters-AR</p>	<p>16</p> <p>10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 2:15 Meet & Greet w/ Piedmont-Home Care-AR 3:30 Zumba w/ Paula-AR</p>	<p>17</p> <p>9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 3:00 Father's Day Celebration-Tent</p>	<p>18</p> <p>2-5 Skipbo-AR</p>
<p>19 Menu 2</p> <p><u>Father's Day</u></p> <p>10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-5th Floor AL 5:00 Vespers-Cafe</p>	<p>20 9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class-AR 2:15 PTSD Awareness-AR 3:15 Bingo-AR 6:30 Chicken Foot-AR</p>	<p>21 <u>National Smoothie Day</u></p> <p>9:00 Soleful Strutters-Lobby 10:00 Farm Trip to get Blueberries-O 1:30 Tai Chi-AR 2:30 Smoothie Bar & Tropical Tunes by Steve Cain-(TBD Where) 4:00 Journaling-AR</p>	<p>22</p> <p>9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Sit & Be Fit w/ MB-AR 2:00 Bible Study-AR 6:45 The Little Theatre Show-O <u>"The Sound of Music"</u></p>	<p>23</p> <p>10:00 Aqua Fit w/ MB-P 11:30 Lunch at Coppola's-O 12-3 IL Physicians Clinic 2:00 Tai Chi-AR 3:30 Zumba w/ Paula-AR</p>	<p>24</p> <p>9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:00 Movie Matinee-AR 3:30 Wine & Cheese Social-AR</p>	<p>25</p> <p>2-5 Skipbo-AR</p> 
<p>26 Menu 3 </p> <p>10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-5th Floor AL 5:00 Vespers-Cafe</p>	<p>27</p> <p>9:00 Stretcherize-AR 9:30 Coffee Club-AR 9:45 Triad Farmer's Market-O 10:00 Aquatic Therapy-P 2:15 Endurance Class-AR 3:15 Bingo-AR 6:30 Chicken Foot-AR</p>	<p>28 </p> <p>9:00 Soleful Strutters-Lobby 10:30 Shopping at Lowes Foods-O 1:30 Tai Chi-AR 2:00 Armchair Travel-AR 6:30 Canasta-AR</p>	<p>29 9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 10:30 Painting Class-AR 11:00 Massages w/ Summer-Appointments 1:30 Sit & Be Fit w/ MB-AR 2:15 Jeopardy-AR 3:30 Cardio Drumming-AR</p>	<p>30 </p> <p>10:00 Aqua Fit w/ MB-P 11:30 Lunch at Chicken Salad Chick's-O 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 3:30 Zumba w/ Paula-AR</p>	<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><u>Brookridge Retirement Community</u> 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044</p>