

SEPTEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Activity Key Locator AR-Activity Room DR-Dining Room FA-Feezor Auditorium C-Café P-Pool AL-Assisted Living O-Outing</p>				<p>1 8:00 Men's Breakfast at King Kitchen-O 10:00 Open Swim w/ Friends-P 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 3:30 Zumba w/ Paula-AR 6:30 Pet Visits w/ Elite Canine-AR 6:45 Schubert to Shaw Concert-O</p>	<p>2  9:00 Stretchercize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 3:00 Healthy Aging Month-Family Feud Game-FA</p>	<p>3 2-5 Skipbo-C</p>
<p>4 Menu 3 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-5th Floor AL 5:00 Vespers-FA </p>	<p>5 Labor Day 9:00 Stretchercize-AR 9:30 Coffee Club-AR 10:00 Aquatic Therapy-P 1:30 Endurance Class-AR 3:15 Bingo-AR 6:30 Chicken Foot-C</p>	<p>6  10:15 Lunch at Nick's Old Fashioned Hamburgers-O 1:30 Tai Chi-AR 3:00 Crafty Crafters-AR</p>	<p>7 9:00 Stretchercize-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 3:00 Trivia-AR</p>	<p>8 Physical Therapist Day  10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 2:15 Appreciation Reception for Jessika Russell PT-C 3:30 Zumba w/ Paula-FA</p>	<p>9 9:00 Stretchercize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 3:00 Cooking Corner-AR</p>	<p>10  2-5 Skipbo-C</p>
<p>11 Menu 4 Housekeeping/Laundry Week 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-5th Floor AL 5:00 Vespers-FA</p>	<p>12 9:00 Stretchercize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class-AR 2-3 Forsyth Mobile Library-AR 3:15 Bingo-AR 6:30 Chicken Foot-C</p>	<p>13 9:00 Shopping at Lowes Foods-O 1:30 Tai Chi-AR 3:00 Jeopardy-FA 4:00 Resident Council-C 6:30 Canasta-C</p>	<p>14 9:00 Stretchercize-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 2:00 Bible Study-AR 3:15 Corn Hole-FA</p>	<p>15 10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 3:30 Zumba w/ Paula-FA 7:00 Gospel Group:ResIcue One-FA</p>	<p>16 8:30 Myrtle Beach Trip!!!! (Today-Sunday) 9:00 Stretchercize-AR 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 2:00 Movie Matinee-AR</p>	<p>17 2-5 Skipbo-C</p>
<p>18 Menu 5 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-5th Floor AL 5:00 Vespers-FA</p>	<p>19 9:00 Stretchercize-AR 9:30 Coffee Club-AR 10:00 Aquatic Therapy-P 3:15 Bingo-AR 6:30 Chicken Foot-C</p>	<p>20  10:00 Fall Coloring Creations-AR 1:30 Tai Chi-AR 3:00 Wellness Fair w/ Broad River-FA</p>	<p>21 9:00 Stretchercize-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 4:00 Town Meeting-FA</p>	<p>22 9:30-11:30 Ribbon Ceremony-3rd Floor 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 2:00 Aqua Fit w/ MB-P 3:30 Zumba w/ Paula-FA</p>	<p>23 9:00 Stretchercize-AR 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 10:30 Day Trip to Mayberry Days</p>	<p>24 11:00 Bethabara Apple Festival-O 2-5 Skipbo-C 6:00 Party at The Kull's-2013 Lynch </p>
<p>25 Menu 1  10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-5th Floor AL 5:00 Vespers-FA</p>	<p>26 9:00 Stretchercize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class-AR 3:15 Bingo-AR 6:30 Chicken Foot-C</p>	<p>27 9:00 Shopping at Walmart-O 1:30 Tai Chi-AR 2:30 Farkle-AR 6:30 Canasta-C</p>	<p>28 9:00 Stretchercize-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 2:00 Bible Study-AR 3:30 Cardio Drumming-FA</p>	<p>29  10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 3:30 Zumba w/ Paula-FA 4:30 Birthday Dinner-O 6:30 Music by Robbie Vance-FA</p>	<p>30 9:00 Stretchercize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 3:30 Wine & Cheese Social-C</p>	<p>Brookridge Retirement Community 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044</p>