











# NOVEMBER 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Activity Key Locator</b>            AR-Activity Room            DR-Dining Room            FA-Feezor Auditorium            C-Café            AL-Assisted Living            O-Outing            P-Pool</p>	<p><b>Brookridge Retirement Community</b>            1199 Hayes Forest Dr.            Winston Salem, NC 27106            336-759-1044</p>	<p><b>1</b> <u>Wear your name badge week!</u></p>  <p>10:45 Blessing Jars-AR            1:30 Tai Chi-AR            2:30 Bridge-C            3:00 Corn Hole-AR</p>	<p><b>2</b></p> <p>9:00 Stretchercize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            11:00 Massages w/ Summer-Appointments            1:30 Sit &amp; Be Fit w/ MB-FA            3:00 Trivia-AR</p>	<p><b>3</b></p> <p>8:00 Men's Breakfast to Silvia's-O            9:00 Lynch Ladies Social-2021 Lynch            10:00 Open Swim w/ Friends-P            12-3 IL Physicians Clinic            1:30 Tai Chi-AR            3:30 Zumba w/ Paula-FA            6:30 Pet Visits w/ Elite Canine-AR</p>	<p><b>4</b></p> <p>9:00 Stretchercize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            1:00 Bus Ride to go Early Vote-O            3:30 Trip to Dough-Joe's-O</p>	<p><b>5</b></p>  <p>2-5 Skipbo-C</p>
<p><b>6 Menu 2</b></p>  <p>10:15 College Park Church Pickup-O            11:00 First on Fifth Live Stream-FA            5:00 Vespers-FA</p>	<p><b>7</b></p> <p>9:00 Stretchercize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            1:30 Endurance Class-FA            2-3 Forsyth Mobile Library-AR            3:15 Bingo-C            6:30 Chicken Foot-C</p>	<p><b>8</b></p> <p>10:45 Farkle-AR            1:30 Tai Chi-AR            2:30 Caramel Apple Bar-C            4:00 Resident Council-C            6:30 Canasta-C</p>	<p><b>9</b></p> <p>9:00 Stretchercize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            11:00 Massages w/ Summer-Appointments            1:30 Sit &amp; Be Fit w/ MB-FA            2:00 Bible Study-AR            3:30 Newcomer Meet &amp; Greet-FA</p>	<p><b>10</b></p> <p>10:00 Aqua Fit w/ MB-P            12-3 IL Physicians Clinic            1:30 Tai Chi-AR            2-5 Beltone Hearing Clinic-AR            3:30 Zumba w/ Paula-FA</p>	<p><b>11</b> <u>Veteran's Day</u></p> <p>8:30 Veteran's Breakfast-AR            9:00 Stretchercize-FA            9:30 Coffee Club-FA            10:00 Aqua Fit w/ MB-P            1:30 Quilting/Arts Club-AR            3:00 Wine &amp; Cheese Social-C</p>	<p><b>12</b></p> <p>2-5 Skipbo-C</p>
<p><b>13 Menu 3</b></p> <p>10:15 College Park Church Pickup-O            11:00 First on Fifth Live Stream-FA            5:00 Vespers-FA</p>	<p><b>14</b></p> <p>9:00 Stretchercize-FA            9:30 Coffee Club-AR            10:00 Aquatic Therapy-P            1:30 Endurance Class-FA            3:15 Bingo-C            6:30 Chicken Foot-C</p>	<p><b>15</b></p> <p>9:00 Shopping at Lowes Foods-O            1:30 Tai Chi-AR            2:30 Bridge-C            2:45 Jeopardy-FA            4:00 Town Meeting-FA            6:45 Music by: The Weaver Academy Trio-FA</p>	<p><b>16</b></p> <p>9:00 Stretchercize-FA            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 &amp; Be Fit w/ MB-FA            2:00 Passages Support Group-AR</p>	<p><b>17</b></p>  <p>10:00 Aqua Fit w/ MB-P            11:30 Lunch at Maple Springs-O            12-3 IL Physicians Clinic            1:30 Tai Chi-AR            3:30 Zumba w/ Paula-FA            4:30 Birthday Dinner-O</p>	<p><b>18</b></p> <p>9:00 Stretchercize-FA            9:30 Coffee Club-AR            10:00 Open Swim w/ Friends-P            12:00 Friendsgiving-DR            2:00 Yoga Class-FA            3:00 Red Oak Brewery Tour-O</p>	<p><b>19</b></p> <p>9:00 Carolina Renaissance Festival-O            2-5 Skipbo-C</p>
<p><b>20 Menu 4</b></p> <p>10:15 College Park Church Pickup-O            11:00 First on Fifth Live Stream-FA            5:00 Vespers-FA</p>	<p><b>21</b></p> <p>9:00 Stretchercize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            11:15 Lunch at Elizabeth's-O            1:30 Endurance Class-FA            3:15 Bingo-C            6:30 Chicken Foot-C</p>	<p><b>22</b></p>  <p>9:30 Shopping at Hamrick's-O            1:30 Tai Chi-AR            3:00 Crafty Crafters-AR            6:30 Canasta-C</p>	<p><b>23</b></p> <p>9:00 Stretchercize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            11:00 Massages w/ Summer-Appointments            1:30 Sit &amp; Be Fit w/ MB-FA            3:00 Roll a Turkey Game-AR</p>	<p><b>24</b></p> 	<p><b>25</b></p> <p>9:00 Stretchercize-FA            9:30 Coffee Club-AR            10:00 Aqua Fit w/ MB-P            2:00 Movie Matinee:  <u>Where the crowdads sing-FA</u></p>	<p><b>26</b></p> <p>2-5 Skipbo-C</p> 
<p><b>27 Menu 5</b></p>  <p>10:15 College Park Church Pickup-O            11:00 First on Fifth Live Stream-FA            5:00 Vespers-FA</p>	<p><b>28</b></p> <p>9:00 Stretchercize-FA            9:30 Coffee Club-AR            10:00 Aquatic Therapy-P            1:30 Endurance Class-FA            2:00 Gospel Music by: Crystal-Volk-FA            3:15 Bingo-C            6:30 Chicken Foot-C</p>	<p><b>29</b></p> <p>9:00 Shopping at Walmart-O            1:30 Tai Chi-AR            2:30 Bridge-C            3:00 Making Apple Bird Feeders w/ Broad River-AR</p>	<p><b>30</b></p> <p>9:00 Stretchercize-FA            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 &amp; Be Fit w/ MB-FA            3:30 Cardio Drumming-FA</p>			<p><b>Thanksgiving</b></p> 