












JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Menu 1 <u>Happy New Year</u> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 5:00 Vespers-FA	2 <u>Wear your name tags this week</u> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class-FA 3:15 Bingo-C 6:30 Chicken Foot-C	3  9:00 Shopping at Walmart-O 10:00 Massages w/ Summer-Appointments 1:30 Tai Chi-AR 3:00 Trivia-C	4 9:00 Stretcherize-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 & Be Fit w/ MB-AR 2:00 Music by Jenny Waynester-FA	5 10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 2:00 Food Committee Meeting-C 3:30 Zumba w/ Paula-FA 6:30 Pet Visits w/ Elite Canine-AR	6  9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 11:00 Lunch at Pavilion-O 3:00 Corn Hole-AR	7 2-5 Skipbo-C
8 Menu 2  10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 5:00 Vespers-FA	9 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aquatic Therapy-P 2:00 Hot Chocolate Bar w/ Broad River-FA 2-3 Forsyth Mobile Library-AR 3:30 Bingo-C 6:30 Chicken Foot-C	10 10:00 Massages w/ Summer-Appointments 1:30 Tai Chi-AR 2:00 Bridge-C 3:00 Illusionist, Jackson Cooke-FA 4:00 Resident Council-AR 6:30 Canasta-C	11  9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 10:30 Memorial Service-FA 11:00 Massages w/ Summer-Appointments 2:00 Bible Study-AR	12 8:00 Men's Breakfast at Cracker Barrel-O 10:00 Open Swim w/ Friends-P 10:00 Lynch Ladies Brunch-C 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 3:30 Zumba w/ Paula-FA	13 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 2:00 Yoga-FA 3:30 Quilting/Arts Club-AR	14  2-5 Skipbo-C 6:00 Souper Saturday-C
15 Menu 3 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 5:00 Vespers-FA	16 <u>MLK, Jr. Day</u> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class-FA 2:15 Bingo-C 3:15 MLK Service at Mt. Tabor-O 6:30 Chicken Foot-C	17  10:00 Massages w/ Summer-Appointments 1:30 Tai Chi-AR 2:30 Crafty Crafters-AR 4:00 Town Meeting-FA	18 9:00 Stretcherize-FA 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-FA 2:00 Passages Support Group-AR 3:00 Movie Matinee-FA Jerry & Marge Go Large	19 10:00 Aqua Fit w/ MB-P 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 2:15 Farkle-C 3:30 Zumba w/ Paula-FA 	20 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 11:30 Lunch at Tin Tin-O 3:30 Wine & Cheese Social-C	21 2-5 Skipbo-C
22 Menu 4 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 5:00 Vespers-FA	23 <u>Activity Professionals Week</u> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aquatic Therapy-P 1:30 Endurance Class-FA 2:45 Chinese New Year Party-C 6:30 Chicken Foot-C	24 9:00 Shopping at Lowes Foods-O 10:00 Massages w/ Summer-Appointments 1:30 Tai Chi-AR 2:00 Bridge-C 6:30 Canasta-C	25 9:00 Stretcherize-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 & Be Fit w/ MB-FA 2:00 Bible Study-AR 3:30 Cardio Drumming-FA	26 10:00 Aqua Fit w/ MB-P 11:30 Maple Springs Senior Lunch-O 12-3 IL Physicians Clinic 1:30 Tai Chi-AR 3:30 Zumba w/ Paula-FA 4:30 Birthday Dinner-O	27 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Open Swim w/ Friends-P 10:00 Trip to Kernersville Auto Museum & Lunch at Doss's-O 2:00 Yoga-FA 3:30 Quilting/Arts Club-AR	28 2-5 Skipbo-C 
29 Menu 5  10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 5:00 Vespers-FA	30 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit w/ MB-P 1:30 Endurance Class-FA 3:15 Bingo-C 6:30 Chicken Foot-C	31  9:00 Shopping at TJ Maxx-O 1:30 Tai Chi-AR 2:00 UNO-C 3:15 Jeopardy-FA		<u>Brookridge Retirement Community</u> 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044	<u>Activity Key Locator</u> AR-Activity Room DR-Dining Room FA-Feezor Auditorium C-Café AL-Assisted Living O-Outing P-Pool	