



MARCH 2023



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Activity Key Locator
AR-Activity Room
DR-Dining Room
FA-Feezor Auditorium
C-Café
AL-Assisted Living
O-Outing
P-Pool



Brookridge Retirement Community
 1199 Hayes Forest Dr.
 Winston Salem, NC
 27106
 336-759-1044

1
 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
 3:30 Dinner at The Hawgfish Shack-O



2 8:00 Men's Breakfast at Johnny B's-O
 10:00 Open Swim w/ Friends-P
 10:00 Lynch Ladies Brunch-C
 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


3
 9:00 Stretcherize-FA
 9:30 Coffee Club-AR
 10:00 Open Swim w/ Friends-P
 10:30 Trip to the NC Music Hall of Fame Museum & Lunch at What-A-Burger-O

4

 2-5 Skipbo-C

5 Menu 4 
Wear Your Name Tag Week!
 10:15 College Park Church Pickup-O
 11:00 First on Fifth Live Stream-AL
 5:00 Vespers-FA

6
 9:00 Stretcherize-FA
 9:30 Coffee Club-AR
 10:00 Aquatic Therapy-P
 1:30 Endurance Class-FA
 2-3 Forsyth Mobile Library-AR
 3:15 Bingo-C
 6:30 Chicken Foot-C

7 
 9:00 PowerBALL Workout-FA
 10:00 Massages w/ Summer-Appointments
 10:30 The Snappy Tapper Dancers-FA
 1:00 Shopping at Walmart-O
 1:30 Tai Chi-AR
 3:30 Crafty Crafters-AR

8
 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
 2:00 Bible Study-AR
 3:00 Wellness Fair with Broad River-FA

9
 10:00 Aqua Fit w/ MB-P
 12-3 IL Physicians Clinic
 1:30 Tai Chi-AR
 2:15 UNO-C
 2:15 Quilting/Arts Club-AR
 3:30 Zumba w/ Paula-FA



10
 9:00 Stretcherize-FA
 9:30 Coffee Club-AR
 10:00 Aqua Fit w/ MB-P
 11:30 Lunch at Finnigan's Wake-O
 2:00 Yoga-FA

11
 2-5 Skipbo-C

12 Menu 5
 10:15 College Park Church Pickup-O
 11:00 First on Fifth Live Stream-AL
 12:00 The Battle of Guilford Courthouse Reenactment-O
 5:00 Vespers-FA

13
 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

14
 9:00 PowerBALL Workout-FA
 9:45 Reynolda House & Lunch-O
 10:00 Massages w/ Summer-Appointments
 1:30 Tai Chi-AR
 2:30 Trivia-C
 4:00 Resident Council-C
 6:30 Canasta-C



15 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
 3:15 Movie Matinee-FA (The Impossible)

16
 10:00 Aqua Fit w/ MB-P
 12:00 Birthday Luncheon-PDR
 12-3 IL Physicians Clinic
 1:30 Tai Chi-AR
 2:15 Farkle-AR
 3:30 Zumba w/ Paula-FA

17 St. Patrick's Day
Wear Green!!!
 9:00 Stretcherize-FA
 9:30 Coffee Club-AR
 10:00 Aqua Fit w/ MB-P
 2:30 St. Patty's Social-FA

18
 2-5 Skipbo-C
 6:30 Saturday Evening Social-C

19 Menu 1
 10:15 College Park Church Pickup-O
 11:00 First on Fifth Live Stream-AL
 5:00 Vespers-FA

20 Spring Begins!
 9:00 Stretcherize-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

21
 9:00 PowerBALL Workout-FA
 9:30 Shopping at Lowes Foods-O
 10:00 Massages w/ Summer-Appointments
 1:30 Tai Chi-AR
 2:30 Corn Hole-AR
 4:00 Town Meeting-FA

22 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 Newcomers Meet & Greet-FA

23
 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

24
 9:00 Stretcherize-FA
 9:30 Coffee Club-AR
 10:00 Open Swim w/ Friends-P
 2:00 Yoga-FA
 3:30 Wine & Cheese Social-C

25

 2-5 Skipbo-C

26 Menu 2 
 10:15 College Park Church Pickup-O
 11:00 First on Fifth Live Stream-AL
 5:00 Vespers-FA


27
 9:00 Stretcherize-FA
 9:30 Coffee Club-AR
 10:00 Aqua Fit w/ MB-P
 1:30 Endurance Class-FA
 3:00 March Madness Celebration-C
 6:30 Chicken Foot-C

28
 9:00 PowerBALL Workout-FA
 10:00 Massages w/ Summer-Appointments
 10:30 Blessing Bag Stuffing Party-AR
 1:30 Tai Chi-AR
 2:30 Jeopardy-FA
 4:00 Cruise Meeting-AR
 6:30 Canasta-C

29
 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
 3:30 Cardio Drumming-FA



30
 9:00 Aqua Fit w/ MB-P
 12-3 IL Physicians Clinic
 1:30 Tai Chi-AR
 2:15 Rummikub-C
 2:15 Quilting/Arts Club-AR
 3:30 Zumba w/ Paula-FA
 6:30 The Kinders Gospel Concert-FA

31 
 8:45 Trip to the NC Zoo-O
 9:00 Stretcherize-FA
 9:30 Coffee Club-AR
 10:00 Aqua Zumba-P

