



MAY 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

1 Wear Your Name Tag Week!

Activity Staff/Residents still cruising!
9:00 Stretcherize-FA
9:30 Coffee Club-AR
10:00 Aquatic Therapy-P
2-3 Forsyth Mobile Library-AR
3:15 Bingo-C
6:30 Chicken Foot-C

2



Activity Staff/Residents still cruising!
10-12 Open Gym w/ Broad River
10:00 Massages w/ Summer-Appointments
1:30 Tai Chi-AR
3:00 Rummikub-C

3

Activity Staff/Residents still cruising!
9-12 IL Clinic-6th Floor
9:00 Stretcherize-FA
9:30 Coffee Club-AR
10:00 Open Swim w/ Friends-P
11:00 Massages w/ Summer-Appointments
2:00 Painting Class-AR

4

Activity Staff/Residents still cruising!
10:00 Open Swim w/ Friends-P
1:30 Tai Chi-AR
2:00 Food Committee Meeting-C
2:00 Pat Orton's 90th Birthday Party-FA
3:00 Quilting/Arts Club-AR
3:30 Zumba w/ Paula-FA
6:30 Pet Visits w/ Elite Canine-AR

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9:00 Stretcherize-FA
9:30 Coffee Club-AR
10:00 Open Swim w/ Friends-P
2:00 The Rural Hall Singers-FA
3:30 UNO-C

6

2-5 Skipbo-C

7 Menu 3

10:15 College Park Church Pickup-O
11:00 First on Fifth Live Stream-AL
6:00 Vespers-FA



8

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

9

9:00 PowerBALL Workout-FA
10-12 Open Gym w/ Broad River
10:00 Massages w/ Summer-Appointments
1:30 Tai Chi-AR
3:00 Flower Potting w/ Broad River-AR
4:00 Resident Council-C
6:30 Canasta-C

10

9-12 IL Clinic-6th Floor
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 Bible Study-AR
3:00 Movie Matinee-FA



11

8:00 Men's Breakfast at King Kitchen-O
10:00 Open Swim w/ Friends-P
10:00 Lynch Ladies Brunch-C
1:30 Tai Chi-AR
2:15 Corn Hole-AR
3:30 Zumba w/ Paula-FA
4:00 Dinner at Fratellis Steakhouse-O

12

9:00 Stretcherize-AR
9:30 Coffee Club-AR
10:00 Open Swim w/ Friends-P
2:00 Yoga-AR
3:30 Mother's Day Tea-FA

13



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

14 Menu 4

Mother's Day
10:15 College Park Church Pickup-O
11:00 First on Fifth Live Stream-AL
6:00 Vespers-FA

15

9:00 Stretcherize-FA
9:30 Coffee Club-AR
9:30 Trip to the Strawberry Farm-O
10:00 Aquatic Therapy-P
1:30 Endurance Class-FA
3:15 Bingo-C
6:30 Chicken Foot-C

16

9:00 PowerBALL Workout-FA
9:30 Shopping at Walmart-O
10-12 Open Gym w/ Broad River
10:00 Massages w/ Summer-Appointments
1:30 Tai Chi-AR
2:15 Jeopardy-FA
4:00 Town Meeting-FA

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9-12 IL Clinic-6th Floor
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 Passages Support Group-AR

18

10:00 Aqua Fit w/ MB-P
12:00 Birthday Luncheon-PDR
1:30 Tai Chi-AR
2:00 Strawberry Shortcake Social w/ Always Best Care Senior Services-FA
3:30 Zumba w/ Paula-FA
6:15 Trip to Chill Nitro Creamery-O

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9:00 Stretcherize-FA
9:30 Coffee Club-AR
10:00 Aqua Zumba-P
2:00 Calvary Senior Choir-FA
3:45 Wine & Cheese Social-C

20

2-5 Skipbo-C
4:00 Pfafftown Piano Recital-FA

21 Menu 5

10:15 College Park Church Pickup-O
11:00 First on Fifth Live Stream-AL
6:00 Vespers-FA

22

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

23

9:00 PowerBALL Workout-FA
10-12 Open Gym w/ Broad River
10:00 Massages w/ Summer-Appointments
10:30 Performance by Grace Notes-FA
1:30 Tai Chi-AR
3:00 Crafty Crafters-AR
6:30 Canasta-C



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9-12 IL Clinic-6th Floor
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 Bible Study-AR

25

9:00 Walking Club-AR
10:00 Aqua Fit w/ MB-P
11:30 Maple Springs Senior Lunch-O
1:30 Tai Chi-AR
2:15 Quilting/Arts Club-AR
3:30 Zumba w/ Paula-FA

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8:45 Day Trip to The Museum of Life & Science-O
9:00 Stretcherize-FA
9:30 Coffee Club-AR
10:00 Open Swim w/ Friends-P
2:00 Yoga-FA

27

2-5 Skipbo-C



28 Menu 1

10:15 College Park Church Pickup-O
11:00 First on Fifth Live Stream-AL
6:00 Vespers-FA



29 Memorial Day

9:00 Stretcherize-FA
9:30 Coffee Club-AR
10:00 Aquatic Therapy-P
12:00 Memorial Day Cookout
3:30 Farkle-AR
6:30 Chicken Foot-C

30

9:00 PowerBALL Workout-FA
9:30 Shopping at Harris Teeter-O
10-12 Open Gym w/ Broad River
10:00 Massages w/ Summer-Appointments
1:30 Tai Chi-AR
3:00 Trivia-C
6:30 Triad Harmony Express-Barbershop Quartet-FA

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9-12 IL Clinic-6th Floor
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
6:15 Dash Baseball Game-O



Brookridge Retirement Community

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