

# SEPTEMBER 2024



# Independent Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <u>Wear Your Name Tag Week</u> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA <b>Menu Week 1</b>	<b>2</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 12:00 Labor Day Lunch Hot Dog Truck 1:30 Balance Class-FA 3:00 Prayer Hour-Chapel 3:15 Bingo-FA 4:00 Yoga-FA 6:30 Chicken Foot-C	<b>3</b> 9:30 PowerBall Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:30-12:00 Health Assessments-Dana 2:00 Corn Hole-AR 4:00 Taichi/Gigong-AR 6:30 Mahjong-C	<b>4</b> 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:30 Painting Class w/ Ginnie-AR 1:30 Balance Class-FA 3:30 Speaker: Dr. Bill Partin-FA	<b>5</b> 8:00 Men's Breakfast at Mama Zoe's-O 10:30-12:00 Health Assessments-Dana 10:00 Swim w/ Friends-P 10:00 Lynch Ladies Brunch-C 1:30 Sit & Be Fit-FA 3:00 Trivia Challenge-AR 6:30 5 Crowns-C 6:30 Dog Visits w/ Elite Canine-AR	<b>6</b> 9:00 Trip to the Carolina Raptor Center-O 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Swim w/ Friends-P 1:15 Virtual Qigong-AR 1:30 Braswell Class: "Ancient Persia & Modern Iran"-L 6:30 Bananagrams-C	<b>7</b> 10:00 Water Walking-P 2-5 Skipbo-C
<b>8</b> <u>Grandparents Day</u> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA <b>Menu Week 2</b>	<b>9</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Shopping at Hamrick's-O 10:00 Aqua Fit-P 1:30 Balance Class-FA 3:15 Bingo-FA 4:00 Yoga-FA 6:30 Chicken Foot-C	<b>10</b> 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:30-12:00 Health Assessments-Dana 2:00 Corn Hole-AR 3:30 Resident Council-PDR 3:45 Indoor Hockey w/ Broad River-FA 6:30 Canasta-C	<b>11</b> 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Balance Class-FA 2:00 Bible Study-AR 3:00 Concert: Music By Oakboro-FA 4:15 Yoga w/ Dana-FA	<b>12</b> 10:00 Aqua Fit-P 11:00 Voter Registration & Absentee Ballots-Lobby 1:30 Sit & Be Fit-FA 2:00 Food Committee Meeting-PDR 3:30 Activity Committee Meeting-AR 6:30 5 Crowns-C 6:30 Summerfest Piano Concert-The Piedmont Music Center-O	<b>13</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 11:30 Lunch & Armstrong Farm-O 1:15 Virtual Qigong-AR 6:30 Bananagrams-C	<b>14</b> 10:00 Water Walking-P 2-5 Skipbo-C
<b>15</b> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA <b>Menu Week 3</b>	<b>16</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Balance Class-FA 3:00 Prayer Hour-Chapel 3:15 Bingo-FA 4:00 Yoga-FA 6:30 Chicken Foot-C	<b>17</b> 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:30 Walking Club @ Crossnore-O 2:00 Corn Hole-AR 3:30 Town Meeting-FA 6:30 Rummikub-C	<b>18</b> 9-12 IL Clinic-6th Floor 9:00 Stretcherize-AR 9:30 Coffee Club-AR 10:00 Aqua Fit-P 10:30 Painting Class w/ Ginnie-AR 1:30 Balance Class-AR 3:00 Fashion Show Rehearsal-FA	<b>19</b> 10:00 Aqua Fit-P 1-5 Health Assessments-Dana 2:00 Fashion Show-FA 5:00 Lobster Truck at Boutique Wine-O 6:30 5 Crowns-C	<b>20</b> 9-2 Health Assessments-Dana 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Zumba-P 1:15 Virtual Qigong-AR 1:30 Braswell Class: "Notorious Cults"-L 3:00 Movie Matinee-FA 6:30 Bananagrams-C	<b>21</b> 10:00 Water Walking-P 2-5 Skipbo-C 3:00 Violin Performance-FA 6:30 Saturday Evening Social-C
<b>22</b> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA <b>Menu Week 4</b>	<b>23</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Balance Class-FA 3:15 Bingo-FA 4:00 Yoga-FA 6:30 Chicken Foot-C	<b>24</b> 9:30 PowerBALL Workout-FA 9:30 Golfer's Day-Winston Lake-O 10:00 Massages w/ Summer-Appointments 10:00 Shopping at Walmart-O 10:30-12:00 Health Assessments-Dana 2:00 Jeopardy-FA 4:00 Taichi/Gigong-AR 6:30 Canasta-C 6:30 Poker Night w/ Broad River-FA	<b>25</b> 9-12 IL Clinic-6th Floor 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:30 Sound Therapy-FA 2:00 Bible Study-AR 4:15 Yoga w/ Dana-FA	<b>26</b> 10:00 Aqua Volleyball-P 12:00 Birthday Lunch-DR 1:30 Sit & Be Fit-FA 3:00 Zumba w/ Paula-FA 6:30 5 Crowns-C	<b>27</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 1:15 Virtual Qigong-AR 3:00 Wine & Cheese Social-C 6:30 Bananagrams-C	<b>28</b> 10:00 Water Walking-P 2-5 Skipbo-C
<b>29</b> 10:15 College Park Church Pickup-O 11:00 First on Fifth Live Stream-AL 2:00 Mahjong-C 6:00 Vespers-FA <b>Menu Week 5</b>	<b>30</b> 9:00 Stretcherize-FA 9:30 Coffee Club-AR 10:00 Aqua Fit-P 11:30 Lunch at First Watch/Dessert at Abbott's Frozen Custard-O 2:00 The Bookies Book Club-PDR 3:15 Bingo-FA 4:00 Yoga-FA 6:30 Chicken Foot-C				<b>Brookridge Retirement Community</b> 1199 Hayes Forest Drive Winston Salem, NC 27106 336-759-1044	<b>Activity Key Locator</b> AR-Activity Room DR-Dining Room FA-Feezor Auditorium C-Café AL-Assisted Living O-Outing P-Pool