

# November 2024 Independent Living Activity Calendar

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p><u>Brookridge Retirement Community</u> 1199 Hayes Forest Dr. Winston Salem NC 27106 336-759-1044</p>	<p><u>Activity Key Locator</u> FA = Auditorium AR = Activity Room DR = Dining Room PDR = Private Dining Rm. C = Cafe P = Pool O = Outing</p>				<p>1 9am Stretchercize/Coffee 10am AquaFit 1pm QiGong/Tai Chi 6pm Bananagrams</p>	<p>2 <b>9am Alzheimer's Walk at Truist Stadium</b> <b>Walk with us and wear purple for the cause.</b></p>
<p>3 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA <b>Menu Week 2</b></p>	<p>4 9am Stretchercize/Coffee 10am AquaFit 1:30pm Balance Class 2pm Forsyth Mobile Library 2pm Cornhole—lobby 3pm Bingo 4pm Chair Yoga 6:30pm Chicken Foot</p>	<p>5 <b>Election Day</b> 9:30am PowerBall 9:30am Golf Club—off campus (every Tuesday) 10am Massage w/Summer 10am Shopping trip—Walmart 2pm Chair Yoga 2:30pm Endurance 6:30pm Card Games</p>	<p>6 9-12 IL Clinic—6th floor 9am Stretchercize/Coffee 10am Massage w/Summer 10am AquaFit 1:30pm Balance Class <b>3:30pm Bill Partin speaks about First Ladies</b> 6pm Village Tavern, then dinner</p>	<p>7 8:30am Men's Breakfast @ Clemmons Kitchen 10am Swim w/friends 1:30pm Sit n Fit 2pm Food Service Committee—PDR 2pm Mat Yoga—FA 6:30pm Crowns 6:30pm Elite Canine Dog Visits— AR</p>	<p>8 9am Stretchercize/Coffee 10am AquaFit 1pm QiGong/Tai Chi <b>3pm Diabetes—friendly Wine &amp; Cheese Party</b> 6pm Bananagrams</p>	<p>9 10am Water walking 2-5pm Skipbo</p>
<p>10 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA <b>Menu Week 3</b></p>	<p>11 <b>Veterans Day</b> 9am Veterans Breakfast—DR 10am AquaFit 1:30pm Balance Class <b>3pm Frank Sinatra Singer</b> 4pm Mat Yoga 6:30pm Chicken Foot</p>	<p>12 9:30am PowerBall 10am Massage w/Summer <b>10:30am Walking Club @ Tanglewood</b> 2pm Chair Yoga 3:30pm Resident Council-PDR 6:30pm Card Games</p>	<p>13 9-12 IL Clinic—6th floor 9am Stretchercize/Coffee 10am Massage w/Summer 10am AquaFit 10:30am Paining w/Ginny 1:30pm Balance Class 2pm Bible Study—AR 4pm Ole Fashion Sing-a-long—FA</p>	<p>14 10am AquaFit 12pm Birthday Luncheon 1:30pm Sit n Fit 2pm Mat Yoga 3pm Zumba w/Paula 6:30pm Crowns</p>	<p>15 9am Stretchercize/Coffee 10am AquaFit 1pm QiGong/Tai Chi 2pm Trivia—FA 6pm Bananagrams</p>	<p>16 10am Water walking 2-5pm Skipbo <b>6:30pm Saturday eve pot luck—C</b></p>
<p>17 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA <b>Menu Week 4</b></p>	<p>18 9am Stretchercize/Coffee 10am AquaFit 1:30pm Balance Class <b>2:15pm Ian Benjamin sings 60s Classics</b> 4pm Chair Yoga 6:30pm Chicken Foot</p>	<p>19 9:30am PowerBall 10am Massage w/Summer 2pm Chair Yoga 2:30pm Endurance 3:30pm Town Hall—FA 6:30pm Card Games</p>	<p>20 9-12 IL Clinic—6th floor 9am Stretchercize/Coffee 10am Massage w/Summer 10am AquaFit 1:30pm Balance Class 3pm Cardio Drumming—FA 5:30pm Tanglewood Lights/Dinner</p>	<p>21 <b>11:30am Friendsgiving - DR</b></p> 	<p>22 9am Stretchercize/Coffee 10am AquaFit 1pm QiGong/Tai Chi 6pm Bananagrams</p>	<p>23 10am Water walking 2-5pm Skipbo</p>
<p>24 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA <b>Menu Week 1</b></p>	<p>9am Stretchercize/Coffee 10am AquaFit 1:30pm Balance Class 2pm The Bookies Book Club—PDR 2pm Cornhole—lobby 3pm Bingo 4pm Mat Yoga 6:30pm Chicken Foot</p>	<p>26 9:30am PowerBall 10am Massage w/Summer 2pm Chair Yoga 2:30pm Mat Yoga 3pm Zumba w/Paula 6:30pm Card Games</p>	<p>27 9-12 IL Clinic—6th floor 9am Stretchercize/Coffee 10am Massage w/Summer 10am AquaFit 10:30am Painting w/Ginny 1:30pm Balance Class 2pm Bible Study—AR</p>	<p>28</p> 	<p>29 9am Stretchercize/Coffee 10am Swim w/friends 1pm Virtual QiGong/Tai Chi—AR 6pm Bananagrams</p>	<p>30 10am Water walking 2-5pm Skipbo</p>