



December 2024 Independent Living Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 2	2 9am Stretcherize/Coffee 10am AquaFit 1:30pm Balance Class 2pm Forsyth Mobile Library 2pm Cornhole—lobby 3pm Bingo 4pm Chair Exercise/Stretch 6:30pm Chicken Foot	3 9:30am PowerBall 10am Massage w/Summer 10am Walmart Trip—O 2:00pm Mat Yoga 3pm Zumba w/Paula 6:30pm Card Games 6:30pm Winston Salem Pops Chorus—FA	4 8:30am Women's Breakfast @ Mama Zoe's—O 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am Massage w/Summer 10am AquaFit 1:30pm Balance Class 2pm Trivia - AR	5 8:30am Men's Breakfast @ Mama Zoe's—O 11am Lynch Ladies Luncheon—C 1:30pm Sit n Fit 2pm Food Service Committee 2pm Mat Yoga—FA 6:30pm Elite Canine Dog Visits—AR	6 9am Stretcherize/Coffee 10am AquaFit 11am-2pm Community Christmas Party 6pm Bananagrams 5:15pm Depart for NCSA Nutcracker Ballet, Tanger Center—O	7 10am Water walking 2-5pm Skipbo
8 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 3	9 9am Stretcherize/Coffee 10am AquaFit 1:30pm Balance Class 2pm Cornhole—lobby 3pm Bingo 4pm Chair Exercise/Stretch 6:30pm Chicken Foot	10 9:30am PowerBall 10am Massage w/Summer 10am Walking Club—Reynolda Meadows—O 2:00pm Mat Yoga 3pm Zumba w/Paula 6:30pm Card Games	11 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am Massage w/Summer 10am AquaFit 10:30am Painting w/Ginnie 1:30pm Balance Class 2pm Four Calling Birds—vocal performance—FA	12 10am AquaFit 1:45pm Mary Mikels Christmas concert—FA 6:30pm Crowns 	13 9am Stretcherize/Coffee 10am Swim w/friends 1:30pm QiGong/Tai Chi 2pm Cardio Drumming & Meditation w/Tiffany—FA 3pm Activity Committee Mtg—AR	14 10am Water walking 2-5pm Skipbo 6pm Saturday Social—cookie exchange 
15 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 5:30pm Performance & Moravian Love Feast - FA Menu Week 4	16 9am Stretcherize/Coffee 10am AquaFit 1:30pm Balance Class 2pm Cornhole—lobby 3pm Bingo 4pm Chair Exercise/Stretch 6:30pm Chicken Foot	17 9:30am PowerBall 10am Massage w/Summer 10am Walmart Trip—O 1:30pm Reynolda House—O 3pm Zumba w/Paula 6:30pm Card Games	18 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am Massage w/Summer 10am AquaFit 1:30pm Balance Class 2pm Jeopardy—FA	19 10am AquaFit 12pm Birthday Luncheon 1:30pm Sit n Fit 2pm Mat Yoga 6:30pm Crowns 6:30pm Moon Glows (Band) - FA	20 9am Stretcherize/Coffee 10am AquaFit 1:30pm QiGong/Tai Chi 3pm Ugly Sweater Wine & Cheese Dance Party—FA 6pm Bananagrams	21 10am Water walking 2-5pm Skipbo
22 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 1	23 9am Stretcherize/Coffee 10am AquaFit 1:30pm Balance class 2pm Cornhole—lobby 3pm Bingo 6:30pm Chicken Foot	24 Christmas Eve  6:30pm Card Games	25 	26 10am Swim w/friends 10:30am Painting w/Ginnie 1:30pm Virtual QiGong/Tai Chi 6:30pm Crowns	27 9am Stretcherize/Coffee 10am Swim w/friends 1:30pm QiGong/Tai Chi 2pm Cardio Drumming & Meditation w/Tiffany—FA 6pm Bananagrams	28 10am Water walking 2-5pm Skipbo
29 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 2	30 9am Stretcherize/Coffee 10am AquaFit 1:30pm Balance Class 2pm Cornhole—lobby 2pm Bookies Book Club—PDR 3pm Bingo 4pm Chair Exercise/Stretch 6:30pm Chicken Foot	31 New Years Eve  9:30am PowerBall 10am Massage w/Summer 10am Champagne Brunch 2:30pm Mat Yoga 6:30pm Card Games			Activity Key Locator FA = Auditorium AR = Activity Room DR = Dining Room PDR = Private Dining Rm. C = Cafe P = Pool O = Outing; must sign up	Brookridge Retirement Community 1199 Hayes Forest Dr. Winston Salem NC 27106 336-759-1044