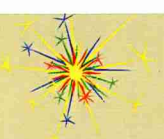


January 2025 Independent Living Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Brookridge Retirement Community 1199 Hayes Forest Dr. Winston Salem NC 27106 336-759-1044</p>	 <p>Mental Health Month</p>		<p>1 9-12 IL Clinic—6th floor 9am Stretchercize/Coffee 10am Massage w/Summer 10am AquaFit 1:30pm Balance Class 2pm Jeopardy—FA</p>	<p>2 8:30am Men's Breakfast @ Johnny B's—O 10am Lynch Ladies Breakfast—C 1:30pm Sit n Fit 2pm Mat Yoga—FA 3pm Zumba w/Paula 6:30pm Crowns</p>	<p>3 8:30am Women's Breakfast @ Johnny B's—O 9am Stretchercize/Coffee 10am AquaFit 1:30pm QiGong/Tai Chi 2pm Mental Health Day & Chef's Cooking Class—FA 6pm Bananagrams</p>	<p>4 10am Water walking 2-5pm Skipbo</p>
<p>5 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 2</p>	<p>6 9am Stretchercize/Coffee 10am AquaFit 1:30pm Balance Class 2pm Cornhole—lobby 3pm Bingo 4pm Chair Exercise/Stretch 6:30pm Chicken Foot</p>	<p>7 9:30am PowerBall 10am Walking Club—Shaffner-O 10am Massage w/Summer 1:30pm Chair Exercise/Stretch 2:00pm Mat Yoga 6:30pm Card Games</p>	<p>8 9-12 IL Clinic—6th floor 9am Stretchercize/Coffee 10am Massage w/Summer 10am Swim with friends 10:30am Memorial Service—FA 1:30pm Balance Class 2pm Bible Study—AR 3pm Trivia</p>	<p>9 9:30am Endurance 12pm Birthday Luncheon 1:30pm Sit n Fit 2pm Mat Yoga 2pm Food Service Committee PDR 3pm Zumba w/Paula 6:30pm Crowns</p>	<p>10 9am Stretchercize/Coffee 10am AquaFit 11am Choir Mtg—FA 1:30pm QiGong/Tai Chi 2pm Robert Buxton, Pianist 3pm Activity Meeting—AR 6pm Bananagrams</p>	<p>11 10am Water walking 2-5pm Skipbo 6:30pm Saturday Social "Crock pots or casseroles"</p> 
<p>12 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 3</p>	<p>13 9am Stretchercize/Coffee 10am AquaFit 1:30pm Balance Class 2pm Cornhole—lobby 3pm Bingo 4pm Chair Exercise/Stretch 6:30pm Chicken Foot</p>	<p>14 9:30am PowerBall 10am Weight Mgt Group—AR 10am Massage w/Summer 1:30pm Chair Exercise/Stretch 2pm Mat Yoga 3:30pm Resident Council Mtg 6:30pm Card Games</p>	<p>15 9-12 IL Clinic—6th floor 9am Stretchercize/Coffee 10am Massage w/Summer 10am AquaFit 10:30am Painting w/Ginnie—AR 1pm Housekeeping Mtg—PDR 1:30pm Balance Class 2pm Jeopardy—FA 5pm Fratelli's Dinner—O</p>	<p>16 9:30am Endurance 10:30am Walmart—O 1:30pm Sit n Fit 2pm Mat Yoga 3pm Zumba w/Paula 6:30pm Crowns</p>	<p>17 9am Stretchercize/Coffee 10am AquaFit 11am Bell Choir Mtg—FA 1:30pm QiGong/Tai Chi 3pm Wine & Cheese—New Year, New You 6pm Bananagrams</p>	<p>18 10am Water walking 2-5pm Skipbo</p>
<p>19 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 1</p>	<p>20 MLK Day 9am Stretchercize/Coffee 10am AquaFit 1:30pm Balance Class 2pm Cornhole—lobby 3pm Bingo 4pm Chair Exercise/Stretch 6:30pm Chicken Foot</p>	<p>21 9:30am PowerBall 10am Weight Mgt Group—AR 10am Massage w/Summer 1:30pm Chair Exercise/Stretch 2pm Mat Yoga 3:30pm Town Hall Mtg—FA 6:30pm Card Games</p>	<p>22 9-12 IL Clinic—6th floor 9am Stretchercize/Coffee 10am Massage w/Summer 10am AquaFit 1:30pm Balance Class 2pm Bible Study—AR 3pm David Cray, Guitarist—FA</p>	<p>23 9:30am Endurance 12pm Maple Springs Lunch—O 2pm Mat Yoga 3pm Zumba w/Paula 6:30pm Crowns 6:30pm Elite Canine Dog Visits—AR</p>	<p>24 9am Stretchercize/Coffee 10am AquaFit 1:30pm QiGong/Tai Chi 2pm Cardio Drumming & Meditation w/Tiffany—FA 6pm Bananagrams</p>	<p>25 10am Water walking 2-5pm Skipbo</p>
<p>26 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA Menu Week 2</p>	<p>27 9am Stretchercize/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</p>	<p>28 9am Allegro Music Therapy—FA 10am Weight Mgt Group—AR 10am Massage w/Summer 1:30pm Chair Exercise/Stretch 2pm Mat Yoga 6:30pm Card Games</p>	<p>29 9-12 IL Clinic—6th floor 9am Stretchercize/Coffee 10am Massage w/Summer 10am AquaFit 10:30am Painting w/Ginnie—AR 1:30pm Balance Class 2pm Jeopardy—AR 3pm Bill Partin—President speaker 6pm Movie Night—"On Golden Pond"</p>	<p>30 9:30am Endurance 10:30am Walmart—O 1:30pm Sit n Fit 2pm Mat Yoga 3pm Resident Craft Fair—FA 6:30pm Crowns</p>	<p>31 9am Stretchercize/Coffee 10am AquaFit 12pm Men's Trip to Foot-hills Brewery 1:30pm QiGong/Tai Chi 6pm Bananagrams</p>	<p>Activity Key Locator FA = Auditorium AR = Activity Room DR = Dining Room PDR = Private Dining Rm. C = Cafe P = Pool O = Outing; must sign up</p>