





# March 2025 Independent Living Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Brookridge Retirement Community</b> 1199 Hayes Forest Dr. Winston Salem NC 27106 336-759-1044</p>	<p><b>Activity Key Locator</b> FA = Auditorium AR = Activity Room DR = Dining Room PDR = Private Dining Rm. C = Cafe P = Pool O = Outing; must sign up</p>				<p><b>Nutrition Month</b></p> 	<p><b>1</b> 10am Water walking 2-5pm Skipbo</p> <p><i>*Please wear your name tag the 1st—10th.</i></p>
<p><b>2</b> 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><b>3</b> 9am Stretcherize/Coffee 10am AquaFit 10:30—12:30Crafts (Ceramics) 1:30pm Balance Class 2pm Mobile Library 2pm Cornhole—lobby 3pm Bingo 6:30pm Cards &amp; Games</p>	<p><b>4</b> 9:30am PowerBall <b>10am ThriveMore Groundbreaking Brunch—FA</b> 10am Massage w/Sumner 1:30pm Chair Exercise/Stretch 2:00pm Mat Yoga 6:30pm Cards &amp; Games</p>	<p><b>5</b> 9-12 IL Clinic—6th floor 8:30am Women’s Breakfast, iHop - O 9am Stretcherize/Coffee 10am Aqua Fit 10am Massage w/Sumner 1:30pm Balance Class 3pm Trivia</p>	<p><b>6</b> 8:30am Men’s Breakfast, iHop—O 9:30am Endurance 1:30pm Sit n Fit 2pm Mat Yoga 2pm Food Service Committee PDR 3pm Zumba w/Paula 6:30pm Elite Canine Dog Visits—AR 6:30pm Cards &amp; Games</p>	<p><b>7</b> 9am Stretcherize/Coffee 10am AquaFit 11am Chorus Rehearsal 1:30pm QiGong/Tai Chi <b>4pm Community Chat—C</b> 6pm Cards &amp; Games every Friday evening</p>	<p><b>8</b> 10am Water walking 2-5pm Skipbo <b>6:30pm Saturday Social</b></p> 
<p><b>9</b> 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><b>10</b> 9am Stretcherize/Coffee 10am AquaFit 10:30—12:30Crafts (Ceramics) 1:30pm Balance Class 2pm Cornhole—lobby 3pm Bingo 6:30pm Cards &amp; Games</p>	<p><b>11</b> 9:30am PowerBall <b>10am Walking Club-Old Salem —O</b> 10am Massage w/Sumner 10:30am Walmart—O 1:30pm Chair Exercise/Stretch 2pm Mat Yoga 3:30pm Resident Council Mtg 6:30pm Cards &amp; Games</p>	<p><b>12</b> 9am Stretcherize/Coffee 10am AquaFit 10am Massage w/Sumner 10:30am Painting w/Ginnie—AR <b>12pm Birthday Luncheon</b> 1pm Housekeeping Mtg—PDR 1:30pm Balance Class 2pm Bible Study—AR 3pm Jeopardy—FA 6pm Movie Night</p>	<p><b>13 Nutrition Challenge: eat extra greens at lunch!</b> <b>12pm Tech class (Android phones) w/Emily - AR</b> 1:30pm Sit n Fit <b>2pm Mat Yoga</b> 3pm Zumba w/Paula 6:30pm Cards &amp; Games</p>	<p><b>14</b> 9am Stretcherize/Coffee 10am AquaFit 11am Bell Choir Rehearsal 1:30pm QiGong/Tai Chi 2pm Cardio Drumming &amp; Meditation w/Tiffany—FA 3pm Activity Mtg—AR <b>4pm Community Chat—C</b> <b>6:30pm Theatre Alliance—O</b></p>	<p><b>15</b> 10am Water walking 2-5pm Skipbo</p>
<p><b>16</b> 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><b>17 St. Patrick’s Day</b> 9am Stretcherize/Coffee 10am AquaFit 10:30—12:30Crafts (Ceramics) 1:30pm Balance Class 2pm Cornhole—lobby <b>3pm St Pat’s Wine &amp; Cheese Party</b> 6:30pm Cards &amp; Games</p>	<p><b>18</b> 9:30am PowerBall <b>10am Nutrition Chat &amp; Recipe Share—AR</b> 10am Massage w/Sumner 1:30pm Chair Exercise/Stretch 2pm Mat Yoga 3:30pm Town Hall Mtg—FA 6:30pm Cards &amp; Games</p>	<p><b>19</b> 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am Aqua Fit 10am Massage w/Sumner <b>12pm Tech Class (iPhones) w/Emily—AR</b> 1:30pm Balance Class 3pm Trivia <b>5pm Dinner at Bleu—O</b></p>	<p><b>20</b> 9:30am Endurance 1:30pm Sit n Fit 2pm Mat Yoga 3pm Zumba w/Paula <b>3:30pm Braswell Presentation on World Religion</b> 6:30pm Cards &amp; Games</p>	<p><b>21</b> 9am Stretcherize/Coffee 10am AquaFit 11am Chorus Rehearsal <b>12pm Cooking Demo w/Chef Eric—FA</b> 1:30pm QiGong/Tai Chi 3pm John Mochnik Jazz Ensemble—FA <b>4pm Community Chat—C</b></p>	<p><b>22</b> 10am Water walking 2-5pm Skipbo</p>
<p><b>23 / 30</b> 10:15am College Park Church Pickup 11am First on Fifth Live Stream 2pm Mahjong—Café 6pm Vespers—FA <b>23 is wk 1, 30 is wk 2</b></p>	<p><b>24 / 31</b> 9am Stretcherize 10am AquaFit 10:30—12:30Crafts (Ceramics) 1:30pm Balance Class 2pm Cornhole—lobby <b>31st, 2pm Bookies Book Club—PDR</b> 3pm Bingo 6:30pm Cards &amp; Games</p>	<p><b>25</b> 9:30am PowerBall <b>10am Nutrition Chat &amp; Recipe Share—AR</b> 10am Massage w/Sumner 10:30am Walmart—O 1:30pm Chair Exercise/Stretch 2pm Mat Yoga <b>3pm Helen Keck Poetry Reading</b> 6:30pm Cards &amp; Games</p>	<p><b>26</b> 9-12 IL Clinic—6th floor 9am Stretcherize/Coffee 10am AquaFit 10am Massage w/Sumner 10:30am Painting w/Ginnie—AR 1:30pm Balance Class 2pm Bible Study—AR 3pm Jeopardy 6pm Movie Night</p>	<p><b>27</b> 9:30am Endurance <b>12pm Maple Springs Lunch—O</b> 1:30pm Sit n Fit 2pm Mat Yoga 3pm Zumba w/Paula 6:30pm Cards &amp; Games</p>	<p><b>28</b> 9am Stretcherize/Coffee 10am AquaFit 11am Bell Choir Rehearsal 1:30pm QiGong/Tai Chi 2pm Cardio Drumming &amp; Meditation w/Tiffany—FA <b>3pm Josh Farley, Illusionist (on Penn &amp; Teller) - FA</b> <b>4pm Community Chat—C</b></p>	<p><b>29</b> 10am Water walking 2-5pm Skipbo</p>