













MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Week #5 10:00 College Park Church Pickup-O 10:30 First Baptist Live Stream-FA 5:30 Vespers-FA 	2 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Aquatic Therapy-P 4:00 Brookridge Bells-FA 6:00 Chicken Foot-GR	3 10:00 Shopping at Harris Teeter-O 12:00 Lunch Tunes with Ronnie-DR 1-2 IL Clinic-6th Floor 1:30 Water Aerobics-P 1:45 Trip to the Polls-O 3:30 Trivia-AR 	4 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:30 Worship Service-FA 1:45 The Game of Trouble-GR 3:00 Classical Guitarist David Cray-FA	5 <u>National Cheese Doodle Day</u>  10:00 Welcome Bags w/ Legacy-AR 1:30 Water Aerobics-P 2:30 Cheese Doodle Social-GR	6 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:30 Lunch at P.F. Chang's-O 3:00 Beatles Hits by John H-FA	7 10:30 Sunday School-SO 2-5 Skipbo-GR
8 Week #1 10:00 College Park Church Pickup-O 10:30 First Baptist Live Stream-FA 2:30 WS Symphony-O 6:00 Vespers-FA <u>Daylight Saving Time Begins</u>	9  9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Aquatic Therapy-P 2:30 Bingo-AR 6:00 Chicken Foot-GR	10 10:00 Shopping at Lowes-O 1-2 IL Clinic-6th Floor 1:30 Water Aerobics-P 3:00 Corn Hole-AR 4:00 Resident Council-GR 6:30 Canasta-GR	11 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:30 Painting Class-AR 1:15 Shopping at Walmart-O 2:00 Bible Study-LR	12 10:00 Tai Chi on Video-FA 1:30 Water Aerobics-P 2:00 Owl's Roost Wildlife-Program-FA 3:30 Mexican Dominoes-AR 6:30 Movie Night-FA	13 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Yoga w/ Joy-FA 3:00 Spirits & Cheese Social-GR	14  10:30 Sunday School-SO 2-5 Skipbo-GR
15 Week #2 10:00 College Park Church Pickup-O 10:30 First Baptist Live Stream-FA 6:00 Vespers-FA	16 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Aquatic Therapy-P 10:30 Lunch at Sixty Six Grill-O 4:00 Brookridge Bells-FA 6:00 Chicken Foot-GR	17 10-2 Carte Boutique Sale-GR 10:00 Shopping at Harris Teeter-O 1:00 Stroke Prevention w/ Rayetta-Johnson, RN-FA 1-2 IL Clinic-6th Floor 1:30 Water Aerobics-P 4:00 Town Meeting-FA 6:45 St. Patrick's Day Celebration-FA	18  9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Yoga w/ Joy-FA 2:00 Crafts w/ Hillary-AR 4:00 Brookridge Bells-FA	19 <u>First Day Of Spring</u> 10:00 Visit to the Yadkin Cultural-Arts Center-O 1:30 Water Aerobics-P 3:30 Manicures-AR	20 9:00 Yoga w/ April-LR 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Water Aerobics w/ April-P 11:15 Indoor Walking Group-AR 1:00 Chair Yoga-GR 2:30 March Madness Party-FA	21 10:30 Sunday School-SO 2-5 Skipbo-GR 
22 Week #3 10:00 College Park Church Pickup-O 10:30 First Baptist Live Stream-FA 6:00 Vespers-FA	23 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Aquatic Therapy-P 2:30 Bingo-AR 6:00 Chicken Foot-GR	24 10:00 Shopping at Lowes-O 1-2 IL Clinic-6th Floor 1:30 Water Aerobics-P 3:15 Corn Hole-AR 4:00 Dinner at Mt. Olympus-O 6:30 Canasta-GR	25 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:30 Painting Class-AR 2:00 Bible Study-LR 4:00 Brookridge Bells-FA	26 10:00 Tai Chi w/ Michael-FA 11:00 Lunch at Maple Springs-O (Bells Performing) 1:30 Water Aerobics-P 4:45 Birthday Dinner-DR	27 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Yoga w/ Joy-FA 1:30 Jewelry Sale-AR 3:00 Book Club-LR	28 10:30 Sunday School-SO 2-5 Skipbo-GR 
29 Week #4  10:00 College Park Church Pickup-O 10:30 First Baptist Live Stream-FA 6:00 Vespers-FA	30 9:00 Stretchercize-FA 9:30 Coffee & Conversation-AR 10:00 Aquatic Therapy-P 1:00 Pain Clinic w/ Legacy-LR (Sign up required) 2:00 Shopping at Walmart-O 6:00 Chicken Foot-GR	31 10:00 Shopping at Harris Teeter-O 10:00 Massages w/ Sara 1-2 IL Clinic-6th Floor 1:30 Water Aerobics-P 2:45 Trip to get Frozen Custard-O 	 May your blessings outnumber the Shamrocks that grow. www.wow4u.com	<u>Activity Key Locator</u> AR-Activity Room DR-Dining Room FA-Feezor Auditorium CH-Club House GR-Game Room P-Pool SO-7 West Solarium O-Outing LR-Living Room		<u>Brookridge Retirement Community</u> 1199 Hayes Forest Dr. Winston Salem, NC 27106 336-759-1044