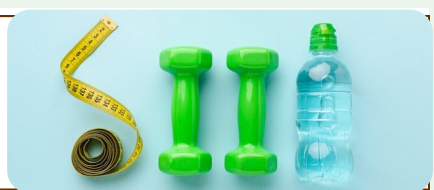




# Oct. 2025 Brookridge Wellness Calendar



| Sleepy Sun                                                                                                                                                            | Motivation Mon                                                                                                       | Toning Tue                                                                                                                                                                             | Wellness Wed                                                                                                                                                                                      | Thirsty Thu                                                                                                                                                                 | Foodie Fri                                                                                                                                                                                    | Stress-free Sat                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| <p>All classes in<br/>Feezor Auditorium<br/>unless noted.<br/><b>WS=Wellness Studio</b><br/>L = Lobby<br/>P = Pool<br/>Ch = Chapel<br/><i>*Indicates Advanced</i></p> |                                                                                                                      |                                                                                                                                                                                        | <p>1<br/><i>Massage by appt.</i><br/>9-12 IL Clinic—6th floor<br/>9am Stretcherize<br/>10am Aqua Fit—P<br/>1:30pm Balance Class<br/>2pm Cornhole</p>                                              | <p>2<br/><i>Massage by appt.</i><br/>9am *PowerBall<br/>10am AquaFit<br/>1:30pm Chair Exercise<br/>2pm *Mat Yoga—WS<br/><b>6:30pm Elite Canine Dog Visits—WS</b></p>        | <p>3<br/>9am Stretcherize<br/>10am Swim with friends<br/>11:30am Eat Well, Live Well (recipe share)- AR<br/>1:30pm QiGong/Tai Chi<br/>2pm Cardio Drum w/Tiffany<br/>4pm Community Chat—L</p>  | <p>4<br/>10am Water walking<br/>(Resident led)</p>  |
| <p>5<br/>10:15am College Park Church Pickup<br/>11am First on Fifth Live Stream<br/>6pm Vespers—FA</p>                                                                | <p>6<br/>9am Stretcherize<br/>10am AquaFit—P<br/>1:30pm Balance Class<br/>2pm Cornhole<br/>4:15pm Meditation—Ch</p>  | <p>7 <b>Fall FAIR Trip</b></p>                                                                                                                                                         | <p>8 <i>Massage by appt.</i><br/>9-12 IL Clinic—6th floor<br/>9am Stretcherize<br/>10am Swim with friends—P<br/>10:30am Memorial Service<br/>1:30pm Balance Class<br/>2pm Bible Study— Chapel</p> | <p>9 <i>Massage by appt.</i><br/>9am *PowerBall<br/>10am AquaFit<br/>1:30pm Chair Exercise<br/>2pm *Mat Yoga—WS</p>                                                         | <p>10<br/>9am Stretcherize<br/>10am Swim with friends<br/>11:30am Eat Well, Live Well (recipe share)- AR<br/>1:30pm QiGong/Tai Chi<br/>2pm Cardio Drum w/Tiffany<br/>4pm Community Chat—L</p> | <p>11<br/>10am Water walking<br/>(Resident led)</p> |
| <p>12<br/>10:15am College Park Church Pickup<br/>11am First on Fifth Live Stream<br/>6pm Vespers—FA</p>                                                               | <p>13<br/>9am Stretcherize<br/>10am AquaFit—P<br/>1:30pm Balance Class<br/>2pm Cornhole<br/>4:15pm Meditation—Ch</p> | <p>14<br/><i>Massage by appt.</i><br/>9am *PowerBall<br/>10am AquaFit—P<br/>1:30pm Chair Exercise<br/>2:00pm *Mat Yoga—WS</p>                                                          | <p>15<br/><i>Massage by appt.</i><br/>9-12 IL Clinic—6th floor<br/>9am Stretcherize<br/>10am Aqua Fit—P<br/>1:30pm Balance Class<br/><b>2pm Cancer Presentation—FA (WEAR PINK!)</b></p>           | <p>16<br/><i>Massage by appt.</i><br/>9am *PowerBall<br/>10am Swim with friends<br/><b>10:15am Woof Walks—Reynolda-O</b><br/>1:30pm Chair Exercise<br/>2pm *Mat Yoga—WS</p> | <p>17<br/>9am Stretcherize<br/>10am Swim with friends<br/>11:30am Eat Well, Live Well (recipe share)-AR<br/><b>1pm Balloon Trip</b><br/>4pm Community Chat—L</p>                              | <p>18<br/>10am Water walking<br/>(Resident led)</p> |
| <p>19<br/>10:15am College Park Church Pickup<br/>11am First on Fifth Live Stream<br/>6pm Vespers—FA</p>                                                               | <p>20<br/>9am Stretcherize<br/>10am AquaFit—P<br/>1:30pm Balance Class<br/>2pm Cornhole<br/>4:15pm Meditation—Ch</p> | <p>21<br/><i>Massage by appt.</i><br/>9am *PowerBall<br/>10am Swim with friends- P<br/><b>10:30am Walking Club, Salem Lake—O</b><br/>1:30pm Chair Exercise<br/>2:00pm *Mat Yoga—WS</p> | <p>22<br/><i>Massage by appt.</i><br/>9-12 IL Clinic—6th floor<br/>9am Stretcherize<br/>10am Aqua Fit—P<br/>1:30pm Balance Class<br/>2pm Bible Study— Chapel</p>                                  | <p>23<br/><i>Massage by appt.</i><br/><b>ABBINGTON TRIP</b><br/>10am Swim with friends</p>                                                                                  | <p>24<br/>9am Stretcherize<br/><b>ABBINGTON TRIP</b><br/>10am Swim with friends<br/>4pm Community Chat—L</p>                                                                                  | <p>25<br/>10am Water walking<br/>(Resident led)</p> |
| <p>26<br/>10:15am College Park Church Pickup<br/>11am First on Fifth Live Stream<br/>6pm Vespers—FA</p>                                                               | <p>27<br/>9am Stretcherize<br/>10am AquaFit—P<br/>1:30pm Balance Class<br/>2pm Cornhole<br/>4:15pm Meditation—Ch</p> | <p>28<br/><i>Massage by appt.</i><br/>9am *PowerBall<br/>10am AquaFit - P<br/>1:30pm Chair Exercise<br/>2:00pm *Mat Yoga—WS</p>                                                        | <p>29<br/><i>Massage by appt.</i><br/>9-12 IL Clinic—6th floor<br/>9am Stretcherize<br/>10am Aqua Fit—P<br/>1:30pm Balance Class</p>                                                              | <p>30<br/><i>Massage by appt.</i><br/>10am Swim with friends<br/><b>10:15am Woof Walks—Reynolda-O</b><br/>1:30pm Chair Exercise<br/>2pm *Mat Yoga—WS</p>                    | <p>31<br/>9am Stretcherize<br/>10am Swim with friends<br/><b>1pm Halloween Costume Party</b></p>                                                                                              |                                                     |