

Dec. 2025 Brookridge Wellness Calendar



| Sleepy Sun | Motivation Mon | Toning Tue | Wellness Wed | Thirsty Thu | Foodie Fri | Stress-free Sat |
|---|---|--|--|--|--|---|
|  | <p>1 9am Stretcherize 10am AquaFit—P 1:30pm Balance Class 2pm Cornhole 4:15pm Meditation—WS</p> | <p>2 <i>Massage by appt</i> 9am *PowerBall 10am Swim with friends—P 10:15am Walking Club @ Tanglewood—O 1:30pm Chair Exercise 2:00pm *Mat Yoga—WS</p> | <p>3 <i>Massage by appt</i> 9-12 IL Clinic—6th floor 9am Stretcherize 10am Aqua Fit—P 1:30pm Balance Class 2pm Cornhole</p> | <p>4 <i>Massage by appt</i> 9am *PowerBall 10am Swim with friends—P 1:30pm Chair Exercise 2pm *Mat Yoga—WS 6:30pm Elite Canine Dog Visits—WS</p> | <p>5 9am Stretcherize 10am AquaFit—P 11am Set up 3pm Mary Mikels Christmas Performance</p> | <p>6 10am Water walking (Resident led)</p> |
| <p>7 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p> | <p>8 9am Stretcherize 10am AquaFit—P 1:30pm Balance Class 2pm Cornhole 4:15pm Meditation—WS</p> | <p>9 <i>Massage by appt</i> 9am *PowerBall 10am Swim with friends—P 11:30am-2:30pm Christmas Party</p> | <p>10 <i>Massage by appt</i> 9-12 IL Clinic—6th floor 9am Stretcherize 10am Aqua Fit—P 1:30pm Balance Class 2pm Bible Study—WS</p> | <p>11 <i>Massage by appt</i> 9am *PowerBall—FA 10am Swim with friends—P 10:15am Woof Walks—O 1:30pm Chair Exercise 2pm *Mat Yoga—WS</p> | <p>12 9am Stretcherize 10am AquaFit—P 11:30am Eat Well, Live Well (recipe share) - WS 1:30pm QiGong/Tai Chi 2pm Cardio Drum w/Tiffany 4pm Community Chat—L</p> | <p>13 10am Water walking (Resident led)</p> |
| <p>14 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p> | <p>15 9am Stretcherize 10am AquaFit—P 1:30pm Balance Class 2pm Cornhole 4:15pm Meditation—WS</p> | <p>16 <i>Massage by appt</i> 9am *PowerBall 10am AquaFit—P 1:30pm Chair Exercise 2:00pm *Mat Yoga—WS 3:30pm Town Hall</p> | <p>17 <i>Massage by appt</i> 9-12 IL Clinic—6th floor 9am Stretcherize 10am Swim with friends—P 1:30pm Balance Class 2pm Cornhole (Resident led)</p> | <p>18 <i>Massage by appt</i> 9am *PowerBall 10am Swim with friends—P 10:15am Woof Walks—O 1pm Carolers—FA 2pm *Mat Yoga—WS</p> | <p>19 9am Stretcherize 10am AquaFit—P 11:30am Eat Well, Live Well (recipe share) - WS 1:30pm QiGong/Tai Chi 4pm Community Chat—L Wellness Visits</p> | <p>20 10am Water walking (Resident led)</p> |
| <p>21 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p> | <p>22 9am Dermatology Appts (by appt) - ofc by front desk 9am Podiatry Appts (by appt) - WS 9am Stretcherize 10am Swim with friends 2pm Cornhole (Resident led)</p> | <p>23 <i>Massage by appt</i> 10am Swim with friends 2pm Cornhole (Resident led)</p> |  | | <p>26 9am Stretcherize 10am Swim with friends 2pm Cardio Drum w/Tiffany 4pm Community Chat—L</p> | <p>27 10am Water walking (Resident led)</p> |
| <p>28 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p> | <p>29 9am Stretcherize 10am Swim with friends—P 1:30pm Balance Class 2pm Cornhole (Resident led)</p> | <p>30 <i>Massage by appt</i> 9:30am *PowerBall 10am AquaFit—P 1:30pm Chair Exercise 2:00pm *Mat Yoga—WS</p> | <p>31 <i>Massage by appt</i> 9-12 IL Clinic—6th floor 9am Stretcherize 10am Swim with friends—P 10:30am New Years Eve Brunch & 12pm Ball Drop</p> |  | | <p>Class Locator WS = Wellness Studio FA= Feezor Auditorium P = Pool L = Lobby Ch = Chapel * Indicates advanced level classes</p> |

New Year,
New You!