

Jan. 2026 Brookridge Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Class Locator WS = Wellness Studio FA = Feezor Auditorium P = Pool L = Lobby Ch = Chapel * Indicates advanced level classes				1 <i>Massage by appt</i> <i>9am *PowerBall</i> <i>10am Swim with friends—P</i> <i>1:30pm Chair Exercise</i> <i>2pm *Mat Yoga—WS</i>	2 <i>9am Stretchercize</i> <i>10am AquaFit—P</i> <i>1:30pm QiGong/Tai Chi</i> <i>2pm Cornhole</i> <i>4pm Community Chat—L</i>	3 <i>10am Water walking (Resident led)</i>
4 <i>10:15am College Park Church Pickup</i> <i>11am First on Fifth Live Stream</i> <i>6pm Vespers—FA</i>	5 <i>9am Stretchercize</i> <i>10am AquaFit—P</i> <i>1:30pm Balance Class</i> <i>2pm Cornhole</i> <i>4:15pm Meditation—WS</i>	6 <i>Massage by appt</i> <i>9am *PowerBall</i> <i>10am AquaFit—P</i> 10:15am Walking Club (resumes in warmer weather) <i>1:30pm Chair Exercise</i> <i>2:00pm *Mat Yoga—WS</i>	7 <i>Massage by appt</i> <i>9-12 IL Clinic—6th floor</i> <i>9am Stretchercize</i> <i>10am Swim with friends—P</i> <i>10:30am Memorial Service</i> 11:30am Beat the Winter Blues (with Sumner & Dana) <i>1:30pm Balance Class</i> <i>2pm Cornhole</i>	8 <i>Massage by appt</i> <i>9am *PowerBall</i> <i>10am AquaFit—P</i> <i>1:30pm Chair Exercise</i> <i>2pm *Mat Yoga—WS</i> <i>6:30pm Elite Canine Dog Visits—WS</i>	9 <i>9am Stretchercize</i> <i>10am AquaFit—P</i> <i>1:30pm QiGong/Tai Chi</i> <i>2pm Cardio Drum w/Tiffany</i> <i>4pm Community Chat—L</i>	10 <i>10am Water walking (Resident led)</i>
11 <i>10:15am College Park Church Pickup</i> <i>11am First on Fifth Live Stream</i> <i>6pm Vespers—FA</i>	12 <i>9am Stretchercize</i> <i>10am AquaFit—P</i> <i>1:30pm Balance Class</i> <i>2pm Cornhole</i> <i>4:15pm Meditation—WS</i>	13 <i>Massage by appt</i> <i>9am *PowerBall</i> <i>10am AquaFit—P</i> <i>1:30pm Chair Exercise</i> <i>2:00pm *Mat Yoga—WS</i>	14 <i>Massage by appt</i> <i>9-12 IL Clinic—6th floor</i> <i>9am Stretchercize</i> <i>10am Aqua Fit—P</i> <i>1:30pm Balance Class</i> <i>2pm Bible Study—WS</i>	15 <i>Massage by appt</i> <i>9am *PowerBall</i> <i>10am Swim with friends—P</i> 11am Alzheimer's Talk—FA <i>1:30pm Chair Exercise</i> <i>2pm *Mat Yoga—WS</i>	16 <i>9am Stretchercize</i> <i>10am AquaFit—P</i> <i>1:30pm QiGong/Tai Chi</i> <i>2pm Cornhole</i> <i>4pm Community Chat—L</i>	17 <i>10am Water walking (Resident led)</i>
18 <i>10:15am College Park Church Pickup</i> <i>11am First on Fifth Live Stream</i> <i>6pm Vespers—FA</i>	19 <i>9am Stretchercize</i> <i>10am AquaFit—P</i> <i>1:30pm Balance Class</i> <i>2pm Cornhole</i> <i>4:15pm Meditation—WS</i>	20 <i>Massage by appt</i> <i>9am *PowerBall</i> <i>10am AquaFit—P</i> <i>1:30pm Chair Exercise</i> <i>2:00pm *Mat Yoga—WS</i> <i>3:30pm Town Hall</i>	21 <i>Massage by appt</i> <i>9-12 IL Clinic—6th floor</i> <i>9am Stretchercize</i> <i>10am Swim with friends—P</i> <i>1:30pm Balance Class</i> 2pm Brain Health Presentation w/Amy & Julie, Functional Pathways—FA	22 <i>Massage by appt</i> <i>9am *PowerBall</i> <i>10am AquaFit—P</i> <i>1:30pm Chair Exercise</i> <i>2pm *Mat Yoga—WS</i>	23 <i>9am Stretchercize</i> <i>10am AquaFit—P</i> <i>1:30pm QiGong/Tai Chi</i> <i>2pm Cardio Drum w/Tiffany</i> <i>4pm Community Chat—L</i>	24 <i>10am Water walking (Resident led)</i>
25 <i>10:15am College Park Church Pickup</i> <i>11am First on Fifth Live Stream</i> <i>6pm Vespers—FA</i>	26 <i>9am Stretchercize</i> <i>10am AquaFit—P</i> <i>1:30pm Balance Class</i> <i>2pm Cornhole</i> <i>4:15pm Meditation—WS</i>	27 <i>Massage by appt</i> <i>9am *PowerBall</i> <i>10am AquaFit—P</i> <i>1:30pm Chair Exercise</i> <i>2:00pm *Mat Yoga—WS</i>	28 <i>Massage by appt</i> <i>9-12 IL Clinic—6th floor</i> <i>9am Stretchercize</i> <i>10am Aqua Fit—P</i> <i>1:30pm Balance Class</i> <i>2pm Bible Study—WS</i>	29 <i>Massage by appt</i> <i>9am *PowerBall</i> <i>10am Swim with friends—P</i> <i>1:30pm Chair Exercise</i> <i>2pm *Mat Yoga—WS</i>	30 <i>9am Stretchercize</i> <i>10am Swim with friends—P</i> 1:30pm QiGong/Tai Chi <i>2pm Cornhole (Resident led)</i> <i>4pm Community Chat—L</i>	31 <i>10am Water walking (Resident led)</i>