

September 2026

Brookridge Wellness

Pulmonary Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Class information subject to change.</i> BR PH: 336-759-1044 Dana x219		1 9:30am **PowerBall—FA 10:15am Walking Club @ Salem Greenway 1pm Chair Exercise—FA 2pm **Yoga—WS	2 9am Stretcherize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Bocce Ball—FA/outside 4pm Dr. Shaw: Understanding Dementia —FA	3 8:30am—11:45am REGISTER FOR VACCINES—WS  11:30am THRIVEWELL RECEPTION—DR 6:30pm Elite Canine Dogs	4 9am Stretcherize—FA 10am Swim w/ith friends-P 1pm Tai Chi & Meditation	5 <u>Announcements</u> Please see announcements listed below. Water Walking e/Sat., 10am
6 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	7 9am Stretcherize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Cornhole—FA	8 9:30am **PowerBall—FA 1pm Chair Exercise—FA 2pm **Yoga—WS	9 VACCINE CLINIC 9am Stretcherize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Bocce Ball—FA/outside 2pm Bible Study	10 9:30am **PowerBall—FA 10:30am Healthy Aging with Functional Pathways 1pm Chair Exercise—FA 2pm **Yoga—WS	11 9am Stretcherize—FA 10am AquaFit—Pool 1pm Tai Chi & Meditation 2pm Cardio Drum w/ Tiffany—FA	12 Massage by appt. Tue., Wed., Thur. Sign up in Activity Book
13 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	14 Dana out of office 9am Stretcherize—FA 10am Swim w/friends—Pool 1pm Balance Class—FA 2pm Cornhole—FA (Resident led)	15 9:30am **PowerBall—FA 1pm Chair Exercise—FA 2pm **Yoga—WS 3:30pm Town Hall	16 9am Stretcherize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Bocce Ball—FA/outside	17 9:30am **PowerBall—FA *Healthy Aging @ Woof Walk 10am Woof Walk @ Reynolda Park 1pm Chair Exercise—FA 2pm **Yoga—WS	18 9am Stretcherize—FA 10am AquaFit—Pool 1pm Tai Chi & Meditation 2pm Cornhole & Putting Green—FA	19 Salon Thur./Fri. 9am—3pm Sign up w/Tammy
20 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	21 9am Stretcherize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Cornhole—FA	22 9:30am **PowerBall—FA 1pm Chair Exercise—FA 2pm **Yoga—WS	23 9am Stretcherize—FA 10am Swim w/friends—Pool (Dana: team meeting) 1pm Balance Class—FA 2pm Bocce Ball—FA/outside 2pm Bible Study	24 9:30am **PowerBall—FA 10:30am Healthy Aging with Chef Shane —WS 1pm Chair Exercise—FA 2pm **Yoga—WS	25 9am Stretcherize—FA 10am AquaFit—Pool 1pm Tai Chi & Meditation 2pm Cardio Drum w/ Tiffany—FA	26 IL Clinic available by appt. Wednesdays 9am—12pm Call: 336-414-5757
27 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	28 9am Stretcherize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Cornhole—FA	29 9:30am **PowerBall—FA 10am On campus walk 1pm Chair Exercise—FA 2pm **Yoga—WS	30 9am Stretcherize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Bocce Ball—FA/outside			<u>Class Locator</u> WS = Wellness Studio FA= Feezor Auditorium ** Indicates high impact or advanced