

October 2026

Brookridge Wellness

Cancer Awareness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Class information subject to change.</i> <u>Class Locator</u> WS = Wellness Studio FA= Feezor Auditorium ** Indicates high impact or advanced	Please note: Walking Club : 3 walks! 10/6 Fair 10/10 Shelter Walk 10/19 Ghost Tour *Must sign up.			1 9:30am **PowerBall—FA 10:30am Healthy Aging with Functional Pathways—WS 1pm Chair Exercise—FA 2pm **Yoga—WS 6:30pm Elite Canine Visits	2 9am Stretcherize—FA 10am AquaFit—Pool 1pm Tai Chi & Meditation 2pm Putting Green	3 <u>Announcements</u> Please see announcements listed below. Water Walking e/Sat., 10am
4 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	5 9am Stretcherize—FA 10am AquaFit—Pool 11am Wellness Committee Mtg—Cafe 1pm Balance Class—FA 2pm Cornhole—FA	6 	7 9am Stretcherize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Bocce Ball—FA/outside 4pm Dr. Shaw: Keeping Your Brain Young and Healthy—FA	8 9:30am **PowerBall—FA *Healthy Aging @ Woof Walk 10am Woof Walk @ Reynolda Park 1pm Chair Exercise—FA 2pm **Yoga—WS	9 Thrivemore's 75th Anniversary Party! 	10 Brookridge Sponsoring HIKE FOR THE UN-HOUSED See posters for details *Must register
11 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	12 Dana out of office 9am Stretcherize—FA 10am Swim w/friends—P 1pm Balance Class—FA 2pm Cornhole—FA (Resident—led)	13 9:30am **PowerBall—FA 1pm Chair Exercise—FA 2pm **Yoga—WS 3:30pm Corp Wellness Mtg	14 9am Stretcherize—FA 10am Swim with friends—Pool 10:30 am Memorial Service—FA 1pm Balance Class—FA 2pm Bocce Ball—FA/outside	15 9:30am **PowerBall—FA 10:30am Healthy Aging, story telling led by Virginia Perry—FA 1pm Chair Exercise—FA 2pm **Yoga—WS	16 9am Stretcherize—FA 10am AquaFit—Pool 1pm Tai Chi & Meditation 2pm Cardio Drum w/ Tiffany—FA	17 Brookridge Sponsoring FURR BALL WS Humane Society
18 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	19 9am Stretcherize—FA 10am Swim w/friends—P 1pm Balance Class—FA 2pm Cornhole—FA 7pm Ghost Tour Walk	20 9:30am **PowerBall—FA 1pm Chair Exercise—FA 2pm **Yoga—WS 3:30pm Town Hall	21 Auditorium Reserved 9am Stretcherize—WS 10am AquaFit—Pool 1pm Balance Class—WS 2pm Bocce Ball—FA/outside	22 9:30am **PowerBall—FA 10:30am Healthy Aging with Chef Shane —WS 1pm Chair Exercise—FA 2pm **Yoga—WS	23 24 9am Stretcherize—FA 10am AquaFit—P 1pm Tai Chi & Meditation 2pm Cardio Drum w/ Tiffany—FA	24 IL Clinic available by appt. Wednesdays 9am—12pm Call: 336-414-5757
25 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	26 9am Stretcherize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Cornhole—FA	27 9:30am **PowerBall—FA 1pm Chair Exercise—FA 2pm **Yoga—WS 3:30pm Corp Wellness Mtg	28 9am Stretcherize—FA 10am AquaFit—Pool NOTE CHANGE BELOW: 1pm Balance Class—WS 1pm Bible Study—Chapel	29 9:30am **PowerBall—FA 1pm Chair Exercise—FA 2pm **Yoga—WS	30 VACCINATIONS DAY 9am Stretcherize—FA 10am AquaFit—Pool 1pm Tai Chi & Meditation 3pm Halloween Party!	Happy Halloween 