BROOKRIDGE
A THRIVEMORE COMMUNITY

November 2026

DIABETES AWARENESS MONTH
NOVEMBER

1 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	2 9am Stretchercize—FA 10am AquaFit—Pool 11am Wellness Committee Mtg—WS 1pm Balance Class—FA 2pm Cornhole—FA	3 9:30am **PowerBall—FA Walking Club will do the 11/6 Turkey Trot & 11/7 Alz Walk 1pm Chair Exercise—FA 2pm **Yoga—WS	4 9am Stretchercize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Bocce Ball—FA/outside 4pm Dr. Shaw re: Dementia	5 10:30am Healthy Aging Diabetes Mgt—WS 1pm Chair Exercise—FA 2pm **Yoga—WS 6:30pm Elite Canine Dogs	6 9am Stretchercize—FA 10am Swim w/friends—P 10:30am Trot Ur Turkey Tail to the Gobble n Give 1pm Tai Chi & Meditation	7 **Announcements** Please see announcements listed below. 9am Alzheimer's Walk @ Bailey Park
8 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	9 9am Stretchercize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Cornhole—FA	10 9:30am **PowerBall—FA 1pm Chair Exercise—FA 2pm **Yoga—WS	11 VETERAN'S DAY 9am Stretchercize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Bocce Ball—FA/outside	12 9:30am **PowerBall—FA 10am Woof Walk @ Reynolda Park 1pm Chair Exercise—FA 2pm **Yoga—WS	13 9am Stretchercize—WS 10am AquaFit—Pool 1pm Tai Chi & Meditation 2pm Cardio Drum w/ Tiffany—FA	14 SATURDAYS 10AM POOL TIME W/FRIENDS **Massage** by appt. Tue., Wed., Thur.
15 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	16 Dana at Taylor Glen 9am Stretchercize—WS 10am Swim w/friends—P ~~1pm Balance Class—FA~~ 2pm Cornhole—FA (Resident led games)	17 9:30am **PowerBall—FA 1pm Chair Exercise—FA 2pm **Yoga—WS 3:30pm Town Hall	18 9am Stretchercize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Bocce Ball—FA/outside	19 9:30am **PowerBall—FA 10:30am Healthy Aging & Gratitude—WS Friendsgiving ~~1:30pm Chair Exercise—FA~~	20 9am Stretchercize—FA 10am AquaFit—Pool 1pm Tai Chi & Meditation 2pm Cardio Drum w/ Tiffany—FA	21 **Salon** Thur./Fri. 9am—3pm Sign up w/Tammy
22 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	23 9am Stretchercize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Cornhole—FA	24 9:30am **PowerBall—FA 10:15am On campus "Burn the Bird" walk 1pm Chair Exercise—FA 2pm **Yoga—WS	25 Dana out of office 9am Stretchercize—FA 10am Swim w/friends—P ~~1pm Balance Class—FA~~ ~~2pm Bocce Ball—FA/outside~~		27 Dana out of office 9am Stretchercize—FA 10am Swim w/friends ~~1pm Tai Chi/Meditation~~	28 **IL Clinic** available by appt. Wednesdays 9am—12pm Call: 336-414-5757
29 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	30 9am Stretchercize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm Cornhole—FA					***Class information subject to change.*** **Class Locator** **WS = Wellness Studio** **FA= Feezor Auditorium** **** Indicates high impact or advanced**