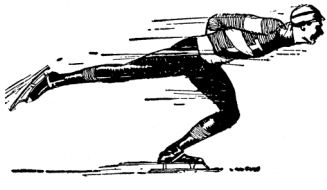


# Life Enrichment Opportunities | January 8—14, 2018

## Weekly Opportunities

## Special Events

<p><b>Monday, January 8</b></p> 	<p>8:25 am Low Impact Aerobics   WWC            9:00 am Coffee Corner   EV            9:30 am Senior Circuit Training   WWC            10:00 am Coffee Corner   CSP            10:00 am Workshop &amp; Quilting   PH            10:15 am Sit and Bee Fit   EV WC            11:00 am Thera-band   EV WC            1:00 pm Blood Pressure Clinic   WWC            1:30 pm Beginning Craft Painting   EV            1:45 pm Sit and Bee Fit   WWC            1:30 pm Pitch   RWL            2:00 pm Pool Time   KAC            6:00 pm Canasta   RWL</p>	<p>9:30 am Shopping at Walmart   Lobbies            10:30 am Men's Group   Cedar Lounge            11:30 am Brewster Luncheon   EV DR            Please call Jamie at 274-3398 for reservations.</p> <p><b>Wellness Skin Clinic Reminder!</b>            Don't forget to call Maxine at 274-3374 if you would like an appointment for the Wellness Skin Clinic on Friday.</p>
<p><b>Tuesday, January 9</b></p>	<p>8:25 am Low Impact Aerobics   —————▶            8:30 am First Baptist Service   BPTV 1960            9:00 am Coffee Corner   EV            9:30 am Beginning Oil Painting   EV            9:30 am Senior Circuit Training   WWC            10:00 am Knitting Club   RWL            10:00 am Coffee Corner   CSP            10:15 am Balance &amp; Breathing   WWC            10:45 am Weight Training   WWC            11:30 am Tai Chi with Mae   WWC            1:00 pm Cribbage   RWL            1:00 pm Senior Yoga with Kelly   WWC            1:30 pm Oil Painting Class   PH</p>	<p>8:00 am On the Road with Brewster...            Join Julie at West Ridge Mall            Low Impact Aerobics   Lobbies            9:30 am Red Carpet   RWL            1:00 pm Red Carpet   EV Parlor            2:00 pm Let's Celebrate!   KAC            Join us as we celebrate January birthdays and anniversaries!            7:00 pm Bridge   RWL</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Home Nail Care</b>              Call Maxine Thuston at 274-3374.</p> </div>
<p><b>Wednesday, January 10</b></p> <p><b>Happy Birthday</b>            Doris Greene</p>	<p>8:25 am Low Impact Aerobics   WWC            9:00 am Coffee Corner   EV            9:30 am Senior Circuit Training   WWC            10:00 am Coffee Corner   CSP            10:00 am Workshop &amp; Quilting   RW PH            10:15 am Sit and Bee Fit   EV WC            11:00 am Thera-band   EV WC            1:30 pm Beginning Watercolor   EV            2:45 pm Sit and Bee Fit   WWC</p>	<p>10:00 am Construction Update   KAC            1:00 pm The Crown—Season 2 (episodes 3 and 4)   Chapel            Join us as we watch season 2 of this Netflix series.            7:00 pm BINGO   KAC</p>
<p><b>Thursday, January 11</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Home Nail Care</b>              Call Maxine Thuston at 274-3374.</p> </div>	<p>8:25 am Low Impact Aerobics   Canceled            8:30 am 1st Cong. Service   BPTV 1960            9:00 am Coffee Corner   EV            9:30 am Senior Circuit Training   Canceled            10:00 am Men's Forum   EV CR            10:00 am Craft Painting   EV            10:00 am Coffee Corner   CSP            10:15 am Balance &amp; Breathing   Canceled            10:45 am Weight Training   Canceled            1:00 pm Chair Yoga with Kelly   WWC            1:30 pm Wood Carving   RW PH            2:00 pm Pool Time   KAC            5:30 pm Rummikub   RWL</p>	<p>10:00 am Resident Council Meeting   KAC            1:00 pm Scenic Drive and Pie at Dover Café   Lobbies            2:00 pm At the Movies on BPTV 1960            "Dunkirk" (2017 war/military)</p> <p><b>Please note: CardioGym Clinic</b>            The CardioGym Clinic scheduled for today at The Evergreens has been rescheduled for next <b>Thursday, January 18 at 2:15 pm.</b></p>
<p><b>Friday, January 12</b></p> <p><b>Happy Birthday</b>            Dave Fritz            Georgiana Morrill</p>	<p>9:00 am Shopping at Dillon's   Lobbies            9:00 am Coffee Corner   EV            9:30 am Senior Circuit Training   Canceled            10:00 am Coffee Corner   CSP            10:00 am Workshop &amp; Quilting   RW PH            10:15 am Sit and Bee Fit   Canceled            11:00 am Thera-band   Canceled            2:45 pm Sit and Bee Fit   Canceled            6:00 pm Canasta   RWL</p>	<p>4:00 pm Social   MSP</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Wellness Skin Clinic</b>              2:00—4:00 pm   WWC              Appointments are required by calling Maxine at 274-3374.</p> </div>
<p><b>Saturday, January 13</b></p> <p><b>Happy Birthday</b>            Ann Hula</p>	<p>10:00 am Coffee Corner   EV            10:00 am Coffee Corner   CSP            11:00 am Senior Yoga   EV WC            1:00 pm Blood Pressure Clinic   EV Parlor            1:00 pm Mexican Train Dominos   RWL</p>	<p>10:00 am Alzheimer's Support Group   BHC            6:45 pm Topeka Symphony Orchestra   Lobbies</p>
<p><b>Sunday, January 14</b></p> <p><b>Happy Birthday</b>            Mary Lou Kiene</p>	<p>2:30 pm Vespers   BHC FLR            4:00 pm Vespers   Chapel</p>	<p><b>File of Life Clinic   Update Your Med Info</b>            2:00—4:00 pm            Home Health Office (Redwood South)</p>