

WELLNESS OPPORTUNITIES | May 23—29, 2022

DATE	EXERCISE CLASSES			GAMES, ART CLASSES, TRIPS AND EVENTS		
MONDAY, MAY 23 	8:25 am	Low Impact Aerobics	Canceled	9:00 am	Coffee & Chat	EV BB
	9:00 am	Weights/Theraband	BPTV 1960	1:00 pm	Cards for All	BB/RWL
	9:30 am	Senior Circuit	Canceled	1:00 pm	Needle Felting Workshop	EV AS
	9:35 am	Senior Circuit	BPTV 1960			
	10:15 am	Sit 'n Bee Fit	Canceled	4:00 pm	Social	MSP
	10:15 am	Yoga	WWC			
	11:00 am	Weights/Theraband	Canceled			
	1:30 pm	Splash Dance	Canceled			
	2:30 pm	Cardio Tread	Canceled			
TUESDAY, MAY 24	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:00 am	Weights/Theraband	BPTV 1960	9:30 am	Red Carpet	RWL
	9:30 am	Senior Circuit	WWC	1:00 pm	Humanities Kansas Book Talk	EV BB
	9:35 am	Senior Circuit	BPTV 1960			
	10:15 am	Balance and Breathing	WWC	1:00 pm	Paint with Sam	PH AS
	11:30 am	Fall Prevention Tai Chi	WWC	1:00 pm	Red Carpet	BEC
	1:30 pm	B Chi	BEC AC	2:00 pm	Movie: See below	BPTV 1960
	2:30 pm	Cardio Tread	BEC AC	3:00 pm	Choir Practice	Chapel
				6:00 pm	Jay and Tammy Sing	RWL
				6:30 pm	Rummikub	EV BB
WEDNESDAY, MAY 25 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-top: 10px;"> Home Nail Care Call Maxine Thuston at 274-3374. </div>	8:25 am	Low Impact Aerobics	BEC WC	8:30 am	Day Out in St. Joseph, MO	Shuttle
	9:00 am	Weights/Theraband	BPTV 1960	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	10:00 am	Shopping at Aldi's	Shuttle
	9:35 am	Senior Circuit	BPTV 1960	3:00 pm	Wood Shop Club Meeting	BEC WS
	10:15 am	Sit 'n Bee Fit	BEC WC			
	11:00 am	Weights/Theraband	BEC WC	6:30 pm	Mexican Train	EV CR
	1:30 pm	Splash Dance	BEC AC		Dominos	
	2:30 pm	Cardio Tread	BEC AC			
THURSDAY, MAY 26 Happy Birthday Jo Bonjour Dee Crawford	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:00 am	Weights/Theraband	BPTV 1960	11:00 am	Episcopal Service	Chapel
	9:30 am	Senior Circuit	WWC	1:00 pm	Paint with Sam	PH AS
	9:35 am	Senior Circuit	BPTV 1960	2:00 pm	Stitch & Sip with Lea	RWL
	10:15 am	Balance and Breathing	WWC	2:00 pm	Rummikub	RWL
	1:30 pm	B Chi	BEC AC	2:00 pm	Movie—See below	BPTV 1960
	2:30 pm	Cardio Tread	BEC AC			
FRIDAY, MAY 27 Happy Birthday Mary Lou Mitchell	9:00 am	Weights/Theraband	BPTV 1960	9:00 am	Coffee & Chat	EV BB
	9:35 am	Senior Circuit	BPTV 1960	10:00 am	Shopping at Dillons	Shuttle
	10:15 am	Yoga	BEC WC	1:00 pm	BINGO	KAC
				1:00 pm	Needle Felting Workshop	EV AS
				2:00 pm	Rummikub	EV BB
				2:00 pm	Pickleball Group	CAC
SATURDAY, MAY 28 Happy Birthday Alice Bowser Happy Anniversary Virgil and Joyce Funk	10:15 am	Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
				10:00 am	Storywise Chat	MSP
				6:00 pm	Marty Edwards Sing-along	RWL
SUNDAY, MAY 29				9:00 am	Coffee & Chat	EV BB
				1:00 pm	Worship Service	BHC
				2:30 pm	Vespers	Chapel



TUESDAY
The Lost Husband
 (2020 romantic drama based on a book)
 Looking to start anew, a widow retreats with her children to her aunt's goat farm, where the ranch's manager helps her navigate country life and loss.
 (Starring Leslie Bibb and Josh Duhamel)

THURSDAY
Friends with Money
 (2006 comedy drama)
 Wealth — or the lack of it — complicates love, marriage and happiness for an eccentric circle of longtime friends in Los Angeles.
 (Starring Jennifer Anniston, Joan Cusack and Catherine Keener)