


WELLNESS OPPORTUNITIES | August 1—7, 2022

DATE	EXERCISE CLASSES			GAMES, ART CLASSES, TRIPS AND EVENTS		
MONDAY, AUGUST 1 Happy Birthday Fred Gilliland Kaye Jordan-Cain <div style="border: 1px solid blue; padding: 5px; display: inline-block;"> Don't forget to VOTE on Tuesday! </div>	8:25 am Low Impact Aerobics Canceled 9:00 am Weights/Theraband BPTV 1960 9:30 am Senior Circuit Canceled 9:35 am Senior Circuit BPTV 1960 10:15 am Sit 'n Bee Fit Canceled 10:15 am Yoga WWC 11:00 am Weights/Theraband Canceled 1:10 pm Cardio Splash BEC AC 2:00 pm Talk and Tread BEC AC	9:00 am Coffee & Chat EV BB 1:00 pm Card Games RWL 1:30 pm Card Games EV BB 1:30 pm Make It Mondays EV AS 4:00 pm Social MSP				
TUESDAY, AUGUST 2 Happy Birthday Kay Craig <div style="border: 1px solid red; padding: 5px; display: inline-block;">  Primary Election Day Polls open 7:00 am—7:00 pm Cultural Arts Center </div>	8:25 am Low Impact Aerobics BEC WC 9:00 am Weights/Theraband BPTV 1960 9:30 am Senior Circuit WWC 9:35 am Senior Circuit BPTV 1960 10:15 am Balance and Breathing WWC 11:30 am Fall Prevention Tai Chi WWC 1:15 pm B Chi BEC AC 2:00 pm Talk and Tread BEC AC <div style="border: 1px solid black; padding: 2px; display: inline-block;"> Home Nail Care Call Maxine Thuston at 274-3374. </div>	9:00 am Coffee & Chat EV BB 9:30 am Red Carpet RWL 9:30 am Writing Club CSP 1:00 pm Paint with Sam KAC 1:00 pm Osher: John Brown CAC 1:00 pm Red Carpet BEC 2:00 pm Movie: See below BPTV 1960 6:30 pm Rummikub EV BB				
WEDNESDAY, AUGUST 3 Happy Anniversary Russell and Phyllis Reynolds	8:25 am Low Impact Aerobics BEC WC 9:00 am Weights/Theraband BPTV 1960 9:30 am Senior Circuit WWC 9:35 am Senior Circuit BPTV 1960 10:15 am Sit 'n Bee Fit BEC WC 11:00 am Weights/Theraband BEC WC 2:00 pm Talk and Tread BEC AC	9:00 am Coffee & Chat EV BB 9:30 am Sunflowers, Lunch and Drive Shuttle 10:00 am Shopping at Aldi's Shuttle 6:30 pm Mexican Train EV CR Dominos				
THURSDAY, AUGUST 4 Happy Anniversary Ernie and Norma Douglas	8:25 am Low Impact Aerobics BEC WC 9:00 am Weights/Theraband BPTV 1960 9:30 am Senior Circuit WWC 9:35 am Senior Circuit BPTV 1960 10:15 am Balance and Breathing WWC 12:30 pm Cardio Splash BEC AC 1:15 pm B Chi BEC AC 2:00 pm Talk and Tread BEC AC	9:00 am Coffee & Chat EV BB 9:00 am New Resident EV Grill Informational Mtg 10:00 am Chat with Matt CAC 2:00 pm Rummikub RWL 1:00 pm Stronger Together RW FR Support Group 1:30 pm Chat 'n Craft KAC 2:00 pm Movie: See below BPTV 1960 2:00 pm Topeka Tuba CAC Euphonium Ensemble 3:00 pm Santa Fe Trip Mtg EV CR				
FRIDAY, AUGUST 5 Happy Birthday Raphael DeSoignie Forrest Thurber (BrewsterConnect)	9:00 am Weights/Theraband BPTV 1960 9:35 am Senior Circuit BPTV 1960 10:15 am Yoga BEC WC	9:00 am Coffee & Chat EV BB 10:00 am Shopping at Dillons Shuttle 11:00 am Catholic Mass Chapel 1:00 pm BINGO KAC 2:00 pm Rummikub EV BB 2:00 pm Pickleball Group CAC 4:00 pm Happy Hour EV BB				
SATURDAY, AUGUST 6 Happy Birthday Mary Beth Schroff (BrewsterConnect)	10:15 am Yoga BEC WC	9:00 am Coffee & Chat EV BB 10:00 am Storywise Chat MSP 4:00 pm Saturday Social EV <i>Bring your own drink!</i>				
SUNDAY, AUGUST 7 Happy Birthday Jim Litfin Beverly Rasmussen		9:00 am Coffee & Chat EV BB 1:00 pm Worship Service BHC 2:30 pm Vespers Chapel				



MOVIES on BPTV1960 2:00 pm

TUESDAY

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 Aniston, Joan Cusack, Catherine Keener and Frances McDormand)

THURSDAY

Quartet

(2012 British feel-good comedy)

To save their posh retirement home, former opera stars plan a gala recital — until the biggest diva among them refuses to sing.

(starring Maggie Smith)