





WELLNESS OPPORTUNITIES | August 8—14, 2022

DATE	EXERCISE CLASSES			GAMES, ART CLASSES, TRIPS AND EVENTS		
MONDAY, AUGUST 8  Topeka schools start this week! Drive extra careful!	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:00 am	Weights/Theraband	BPTV 1960	1:00 pm	Card Games	RWL
	9:30 am	Senior Circuit	WWC	1:30 pm	Card Games	EV BB
	9:35 am	Senior Circuit	BPTV 1960	1:30 pm	Food Committee	RW FR
	10:15 am	Sit 'n Bee Fit	BEC WC	1:30 pm	Make It Monday	EV AS
	10:15 am	Yoga	WWC		<i>Needle Felting</i>	
	11:00 am	Weights/Theraband	BEC WC	4:00 pm	Social	MSP
	1:10 pm	Cardio Splash	BEC AC			
	2:00 pm	Talk and Tread	BEC AC			
TUESDAY, AUGUST 9 Happy Anniversary David Wexler and Susan Holm <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Home Nail Care Call Maxine Thuston at 274-3374. </div>	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:00 am	Weights/Theraband	BPTV 1960	10:00 am	Caregivers Support Group	Chapel
	9:30 am	Senior Circuit	WWC	10:15 am	Resident Marketing Committee	KAC
	9:35 am	Senior Circuit	BPTV 1960	1:00 pm	Paint with Sam	KAC
	10:15 am	Balance and Breathing	WWC	1:00 pm	Osher: John Brown	CAC
	11:30 am	Fall Prevention Tai Chi	WWC	2:00 pm	Movie: See below	BPTV 1960
	1:15 pm	B Chi	BEC AC	6:30 pm	Rummikub	EV BB
	2:00 pm	Talk and Tread	BEC AC			
WEDNESDAY, AUGUST 10 	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:00 am	Weights/Theraband	BPTV 1960	10:00 am	Shopping at Walmart	Shuttle
	9:30 am	Senior Circuit	WWC	1:00 pm	Movie: Elvis	CAC
	9:35 am	Senior Circuit	BPTV 1960	3:00 pm	Diversity and Inclusion Group	Chapel
	10:15 am	Sit 'n Bee Fit	BEC WC	6:30 pm	Mexican Train	EV CR
	11:00 am	Weights/Theraband	BEC WC		Dominos	
	2:00 pm	Talk and Tread	BEC AC			
THURSDAY, AUGUST 11 Happy Birthday Linda Bierly (BrewsterConnect)	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:00 am	Weights/Theraband	BPTV 1960	10:00 am	Speaking My Mind with Jan Stotts	Chapel
	9:30 am	Senior Circuit	WWC	1:00 pm	24 for Life National Diabetes Prevention Program	CAC
	9:35 am	Senior Circuit	BPTV 1960	2:00 pm	Rummikub	RWL
	10:15 am	Balance and Breathing	WWC	2:00 pm	Movie: See below	BPTV 1960
	12:30 pm	Cardio Splash	BEC AC	2:30 pm	Drawing Diaries	EV AS
	1:15 pm	B Chi	BEC AC	6:00 pm	Topeka Civic Theatre	Shuttle
	2:00 pm	Talk and Tread	BEC AC			
FRIDAY, AUGUST 12	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
				2:00 pm	Rummikub	EV BB
				2:00 pm	Pickleball Group	CAC
				4:00 pm	Happy Hour	EV BB
SATURDAY, AUGUST 13 Happy Birthday Jan Karrer	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 14 Happy Birthday Nadine Yenkey				9:00 am	Coffee & Chat	EV BB
				1:00 pm	Worship Service	BHC
				2:30 pm	Vespers	Chapel

 **Staff Shout-Outs** — If you would like to give a “shout-out” to a staff member for their work, positive attitude or other compliment, please email the Gratitude Crew at: GratitudeCrew@BrewsterPlace.org. We will share your message with staff. Thank you!

 <p>MOVIES on BPTV1960 2:00 pm</p>	<p>TUESDAY <i>Legends of the Fall</i> (1994 classic movie based on a book) The three sons of a Montana rancher are swept up in the violence of World War I and their love for the same woman in this epic family saga. (starring Brad Pitt, Anthony Hopkins and Aiden Quinn)</p>	<p>THURSDAY <i>The Age of Adaline</i> (2015 romantic drama) Decades after a near-fatal accident caused Adaline to stop aging at 29, she resists falling in love with a smitten tech mogul to keep her secret hidden. (starring Blake Lively, Harrison Ford and Ellen Burstyn)</p>
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