


# WELLNESS OPPORTUNITIES | NOVEMBER 21—27, 2022

DATE	EXERCISE CLASSES			GAMES, ART CLASSES, TRIPS AND EVENTS		
<b>MONDAY, NOVEMBER 21</b>  <b>Happy Birthday</b> Susan Anderson Jim Holm Jan Litfin	8:25 am Low Impact Aerobics 9:00 am Weights/Theraband 9:30 am Senior Circuit 9:35 am Senior Circuit 10:15 am Sit 'n Bee Fit 10:15 am Yoga 11:00 am Weights/Theraband 11:50 am Shallow Circuit 1:10 pm Cardio Splash 2:00 pm Talk and Tread	BEC WC BPTV 1960 WWC BPTV 1960 BEC WC WWC BEC WC BEC AC BEC AC BEC AC	9:00 am Coffee & Chat 1:00 pm Card Games 1:30 pm Card Games <b>4:00 pm Social</b> <b>6:00 pm Cornerstone Home School Concert</b>	EV BB RWL EV BB <b>MSP</b> <b>Shuttle</b>		
<b>TUESDAY, NOVEMBER 22</b>  <b>Happy Birthday</b> Jett Elmer Marie Eubank  <div style="border: 1px solid black; padding: 5px; background-color: #f08080;"> <b>FRIENDSGIVING BREAKFAST</b>                          Sponsored by Brewster Foundation                          9:00 am   Cultural Arts Center                          Come for FREE pancakes!                     </div>	8:25 am Low Impact Aerobics 9:00 am Weights/Theraband 9:30 am Senior Circuit 9:35 am Senior Circuit 10:15 am Balance and Breathing 11:30 am Fall Prevention Tai Chi 1:15 pm B Chi 2:00 pm Talk and Tread	BEC WC BPTV 1960 WWC BPTV 1960 WWC WWC BEC AC BEC AC	9:00 am Coffee & Chat <b>9:00 am Friendsgiving Breakfast</b> <b>9:30 am Red Carpet</b> <b>10:00 am Shopping at Dillons</b> <b>1:00 pm Red Carpet</b> <b>1:00 pm Paint with Sam</b> <b>2:00 pm No Movie Today.</b> <b>3:00 pm Thanksgiving Service</b> 6:30 pm Rummikub	EV BB <b>CAC</b> RWL <b>Shuttle</b> BEC KAC BPTV 1960 Chapel EV BB		
<b>WEDNESDAY, NOVEMBER 23</b>  <b>Happy Birthday</b> Ellen Brown Ann Heim Nancy Kalthoff  <b>Happy Anniversary</b> Bruce and Glenda Bower	8:25 am Low Impact Aerobics 9:00 am Weights/Theraband 9:30 am Senior Circuit 9:35 am Senior Circuit 10:15 am Sit 'n Bee Fit 11:00 am Weights/Theraband 1:20 pm Shallow Circuit 2:00 pm Talk and Tread	BEC WC BPTV 1960 WWC BPTV 1960 BEC WC BEC WC BEC AC BEC AC	9:00 am Coffee & Chat 10:00 am Shopping at Aldi's <b>10:30 am Art FUNDamentals</b> <b>1:30 pm Art FUNDamentals (Printmaking)</b> 6:30 pm Mexican Train Dominos	EV BB Canceled EV AS EV AS EV CR		
<b>THURSDAY, NOVEMBER 24</b>  <b>Happy Birthday</b> Patricia Watson Marilyn Witham   <p style="color: #e67e22; font-weight: bold;">Happy Thanksgiving! We are grateful for you!</p>	<p style="text-align: center; color: #e67e22; font-weight: bold;">THANKSGIVING DAY MENUS</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>Greenleaf at Redwood</b> <b>11:00 am—1:00 pm</b></p> <ul style="list-style-type: none"> <li>Roast Turkey or Glazed Ham</li> <li>Mashed Potatoes</li> <li>Sweet Potato Casserole</li> <li>Stuffing</li> <li>Deviled Eggs</li> <li>Green Bean Casserole</li> <li>Cranberry Sauce/Salad</li> <li>Dinner Roll</li> <li>Pumpkin and Pecan Pie (Sugar Free Pumpkin)</li> </ul> </div> <div style="width: 45%; border-left: 1px dashed #e67e22; padding-left: 10px;"> <p><b>The Evergreens Grill</b> <b>11:00 am—2:00 pm</b></p> <ul style="list-style-type: none"> <li>Roast Turkey or Glazed Ham</li> <li>Stuffing</li> <li>Sweet Potato Casserole</li> <li>Green Bean Casserole</li> <li>Cranberry Sauce</li> <li>Dinner Roll</li> <li>Mashed Potatoes</li> <li>Pumpkin and Pecan Pie</li> </ul> </div> </div>					
<b>FRIDAY, NOVEMBER 25</b>  <b>Happy Birthday</b> Beckie Stithem (BrewsterConnect)	9:00 am Weights/Theraband 9:35 am Senior Circuit 10:15 am Yoga	BPTV 1960 BPTV 1960 BEC WC	9:00 am Coffee & Chat <b>10:00 am Shopping at Dillons</b> <i>(Tuesday this week)</i> 1:00 pm BINGO 1:30 pm Rummikub 2:00 pm Pickleball Group <b>4:00 pm Happy Hour</b>	EV BB <b>Canceled</b> KAC EV BB CAC <b>EV BB</b>		
<b>SATURDAY, NOVEMBER 26</b>  <b>Happy Birthday</b> Joyce Anderson (BrewsterConnect)	9:00 am Weights/Theraband 9:35 am Senior Circuit 10:15 am Yoga	BPTV 1960 BPTV 1960 BEC WC	9:00 am Coffee & Chat 10:00 am Storywise Chat <b>6:00 pm Marty Edwards Sing-along</b>	EV BB MSP RWL		
<b>SUNDAY, NOVEMBER 27</b>	9:00 am Weights/Theraband 9:35 am Senior Circuit	BPTV 1960 BPTV 1960	1:00 pm Worship Service 2:30 pm Vespers	BHC Chapel		



No Movies This Week

We will get back to our weekly movies next week.

Thank you!