


WELLNESS OPPORTUNITIES | NOV 28—DEC 4, 2022

DATE	EXERCISE CLASSES			GAMES, ART CLASSES, TRIPS AND EVENTS		
MONDAY, NOVEMBER 28 Happy Birthday Rosemary Etzel 	8:25 am	Low Impact Aerobics	Canceled	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	Canceled	1:30 pm	Card Games	EV BB
	9:35 am	Senior Circuit	BPTV 1960	4:00 pm	Social	MSP
	10:15 am	Sit 'n Bee Fit	Canceled			
	10:15 am	Yoga	WWC			
	11:00 am	Weights/Theraband	Canceled			
	11:50 am	Shallow Circuit	Canceled			
	1:10 pm	Cardio Splash	BEC AC			
	2:00 pm	Talk and Tread	BEC AC			
TUESDAY, NOVEMBER 29	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:00 am	Weights/Theraband	BPTV 1960	9:00 am	Holiday Decorating Crew	EV/RW
	9:30 am	Senior Circuit	WWC			
	9:35 am	Senior Circuit	BPTV 1960	1:00 pm	Advent Bible Study	Chapel
	10:15 am	Balance and Breathing	WWC	2:00 pm	Movie: See below	BPTV 1960
	11:30 am	Fall Prevention Tai Chi	WWC	3:15 pm	Brewster Choir Practice	Chapel
	1:15 pm	B Chi	BEC AC			
	2:00 pm	Talk and Tread	BEC AC	6:30 pm	Rummikub	EV BB
WEDNESDAY, NOVEMBER 30 Happy Birthday Lila Rice	8:25 am	Low Impact Aerobics	BEC WC	8:00 am	Day Out in Wichita	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 Walmart	Shuttle
	9:35 am	Senior Circuit	BPTV 1960	10:30 am	Art FUNdamentals	EV AS
	10:15 am	Sit 'n Bee Fit	BEC WC	1:30 pm	Art FUNdamentals (Printmaking)	EV AS
	11:00 am	Weights/Theraband	BEC WC			
	1:20 pm	Shallow Circuit	BEC AC	6:30 pm	Mexican Train Dominos	EV CR
	2:00 pm	Talk and Tread	BEC AC			
THURSDAY, DECEMBER 1 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> 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	New Resident Info Meeting	EV Grill
	9:30 am	Senior Circuit	WWC			
	9:35 am	Senior Circuit	BPTV 1960	1:00 pm	Stronger Together Support Group	RW FR
	10:15 am	Balance and Breathing	WWC	2:00 pm	Rummikub	RWL
	12:30 pm	Cardio Splash	BEC AC	2:00 pm	Movie: See below	BPTV 1960
	1:15 pm	B Chi	BEC AC	2:00 pm	Craft & Chat	KAC
	2:00 pm	Talk and Tread	BEC AC			
FRIDAY, DECEMBER 2 Happy Birthday Norma Douglas Richard Watson	9:00 am	Weights/Theraband	BPTV 1960	9:00 am	Coffee & Chat	EV BB
	9:35 am	Senior Circuit	BPTV 1960	10:00 am	Redwood Sky-Breaking Event	RWL
	10:15 am	Yoga	BEC WC	10:00 am	Shopping at Dillons	Shuttle
				11:00 am	Catholic Mass	Chapel
				1:00 pm	BINGO	KAC
				1:30 pm	Rummikub	EV BB
				2:00 pm	Pickleball Group	CAC
				4:00 pm	Happy Hour	EV BB
SATURDAY, DECEMBER 3	9:00 am	Weights/Theraband	BPTV 1960	9:00 am	Coffee & Chat	EV BB
	9:35 am	Senior Circuit	BPTV 1960	10:00 am	Storywise Chat	MSP
	10:15 am	Yoga	BEC WC	3:00 pm	Movie: see below	BPTV 1960
				6:45 pm	Topeka Symphony Orchestra	Shuttle
SUNDAY, DECEMBER 4 Second Sunday of Advent	9:00 am	Weights/Theraband	BPTV 1960	1:00 pm	Worship Service	BHC
	9:35 am	Senior Circuit	BPTV 1960	2:30 pm	Vespers	Chapel
				6:00 pm	Movie: See below	BPTV 1960



TUESDAY and SATURDAY

Falling for Christmas
(2022 romantic comedy)

After losing her memory in a skiing accident, a spoiled heiress lands in the cozy care of a down-on-his-luck widower and his daughter at Christmastime.
(starring Lindsay Lohan and Jack Wagner)

THURSDAY and SUNDAY

Father of the Bride (1991 comedy)

Steve Martin turns in a heartwarming and hilarious performance as George Banks, a befuddled father who has a hard time letting go of his young daughter when she unexpectedly announces her plans to wed.
(starring Steve Martin and Diane Keaton)