

WELLNESS OPPORTUNITIES | JANUARY 16—22, 2022

DATE	EXERCISE CLASSES			GAMES, ART CLASSES, TRIPS AND EVENTS		
MONDAY, JANUARY 16 Happy Birthday Hal Hudson Maggie Killinger 	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	4:00 pm	Social	MSP
	10:15 am	Sit 'n Bee Fit	BEC WC			
	10:15 am	Yoga	WWC			
	11:00 am	Weights/Theraband	BEC WC			
	11:50 am	Shallow Circuit	BEC AC			
	1:15 pm	Cardio Splash	BEC AC			
	2:00 pm	Talk and Tread	BEC AC			
TUESDAY, JANUARY 17 Happy Birthday Marilyn Bangs (BrewsterConnect) Carlee Wilson	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	Writing Club	CSP
	9:30 am	Senior Circuit	WWC	9:30 am	Red Carpet	RWL
	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: Ship Disasters	CAC
	11:30 am	Fall Prevention Tai Chi	WWC	1:30 pm	Red Carpet	No delivery
	1:15 pm	B Chi	BEC AC	2:00 pm	Movie: See below	BPTV 1960
	2:00 pm	Talk and Tread	BEC AC	6:30 pm	Rummikub	EV BB
				7:00 pm	WU Music Student Program	CAC
WEDNESDAY, JANUARY 18 Happy Birthday Susan Hsia	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 Aldi's	Shuttle
	9:30 am	Senior Circuit	WWC	1:00 pm	Movie: Top Gun: Maverick (2022)	CAC
	9:35 am	Senior Circuit	BPTV 1960	6:30 pm	Mexican Train	EV CR
	10:15 am	Sit 'n Bee Fit	BEC WC		Dominos	
	11:00 am	Weights/Theraband	BEC WC			
	1:20 pm	Shallow Circuit	BEC AC			
	2:00 pm	Talk and Tread	BEC AC			
THURSDAY, JANUARY 19 Happy Anniversary Larry and Beverly Beam <div style="background-color: #4CAF50; color: white; padding: 5px; margin-top: 10px;"> Brewster Info Fair 10:00 am—1:00 pm Cultural Arts Center Come visit with staff and residents who represent the opportunities and services on campus. </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	Info Fair	CAC
	9:30 am	Senior Circuit	WWC	2:00 pm	Rummikub	RWL
	9:35 am	Senior Circuit	BPTV 1960	2:00 pm	Movie: See below	BPTV 1960
	10:15 am	Balance and Breathing	WWC	2:30 pm	Craft 'n Chat	KAC
	12:30 pm	Cardio Splash	BEC AC	3:00 pm	Diversity and Inclusion Group	Chapel
	1:15 pm	B Chi	BEC AC			
	2:00 pm	Talk and Tread	BEC AC			
					Home Nail Care Call Maxine Thuston at 274-3374.	
FRIDAY, JANUARY 20 Happy Birthday Ernie Douglas Mary Kasten Charlotte Marriott Carol Bonebrake	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
				1:30 pm	Movie with Sam: Paul Cezanne	Chapel
				1:30 pm	Rummikub	EV BB
				2:00 pm	WU Tech Support	EV CR
				2:00 pm	Pickleball Group	CAC
				4:00 pm	Happy Hour	EV BB
SATURDAY, JANUARY 21 Happy Birthday Ruby Nielson John Petterson Anita Wolgast	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
				4:00 pm	Saturday Social	EV BB
				6:45 pm	Topeka Symphony	Shuttle
SUNDAY, JANUARY 22 Happy Birthday Mona Gambone (BrewsterConnect)	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

MOVIES



TUESDAY and SATURDAY

Top Gun (1986 classic military action)

This is the original Top Gun movie where renegade pilot Pete Maverick enters an elite combat training school where he finds fierce competition, a heated romance and danger lurking in the skies. (starring Tom Cruise)

THURSDAY and SUNDAY

King of Thieves

(2018 drama based on real life)

A widower reunites with his old partners in crime for one last job: an old-school jewel heist that's the biggest in London's history. (starring Michael Caine and Jim Broadbent)