



WELLNESS OPPORTUNITIES | MARCH 13—19, 2023

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, MARCH 13 Happy Anniversary Bill and Janet Ramser  <div style="background-color: #008000; color: white; padding: 5px; border-radius: 10px; display: inline-block;"> MARCH MADNESS Brewster Bracket Challenge! Brackets and instructions delivered today. Due by Wednesday to RW or EV. </div>	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	1:00 pm	Open Communion and Reflection Hour	Chapel
	10:15 am	Sit 'n Bee Fit	BEC WC	1:00 pm	Card Games	RW 226
	10:15 am	Chair Yoga	WWC	1:30 pm	Card Games	EV BB
	11:00 am	Weights/Theraband	BEC WC	1:30 pm	Art Camp	KAC
	11:50 am	Shallow Circuit	BEC AC	1:30 pm	Food Committee	KAC
	1:15 pm	Cardio Splash	BEC AC	2:00 pm	Mindfulness Class	Chapel
	2:00 pm	Talk and Tread	BEC AC	4:00 pm	Social	MSP
TUESDAY, MARCH 14 Happy Birthday Bev Menninger Jeanene Johnson Billie Segrist	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	Red Carpet	MSP
	10:15 am	Balance and Breathing	WWC	10:00 am	Caregiver's Support	Chapel
	11:30 am	Fall Prevention Tai Chi	WWC	10:15 am	Resident Marketing Committee	EV CR
	1:15 pm	B Chi	BEC AC	1:00 pm	Lenten Bible Study	Chapel
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Red Carpet	BEC
				1:30 pm	Art Camp	KAC
				6:30 pm	Rummikub	EV BB
WEDNESDAY, MARCH 15 Happy Birthday Glennie Buckley Barbara Bunten Rosalie Smith	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	10:00 am	Aldi's Shopping	Shuttle
	10:15 am	Sit 'n Bee Fit	BEC WC	1:30 pm	Art Camp	KAC
	11:00 am	Weights/Theraband	BEC WC	6:30 pm	Mexican Train	EV BB
	1:20 pm	Shallow Circuit	BEC AC		Dominos	
	2:00 pm	Talk and Tread	BEC AC			
THURSDAY, MARCH 16 Happy Birthday Ed Nasser (BC)	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	1:30 pm	Art Camp	KAC
	10:15 am	Balance and Breathing	WWC	2:00 pm	Rummikub	RW 226
	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			
FRIDAY, MARCH 17 	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	11:00 am	Standing Yoga	BEC WC	10:00 am	Shopping at Dillons	Shuttle
				1:00 pm	BINGO	MSP
				1:30 pm	Rummikub	EV BB
				2:00 pm	Pickleball Group	CAC
				2:00 pm	Movie: Celtic Art	Chapel
				4:00 pm	Happy Hour	EV BB
SATURDAY, MARCH 18 Happy Birthday Lynda Weaver (BC)	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
				10:00 am	Storywise Chat	MSP
				4:00 pm	Saturday Social	EV BB
				5:00 pm	Joker Card Game	EV BB
SUNDAY, MARCH 19 Happy Birthday Verna Markham Warren Schriner Don Buchanan Addie Hanna				1:00 pm	Worship Service	BHC
				2:30 pm	Vespers	Chapel

BPTV 1960 PROGRAM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am	Announcements	Announcements	Announcements	Announcements	Announcements		
9:00 am	Weights/Theraband	Weights/Theraband	Weights/Theraband	Weights/Theraband	Weights/Theraband	Weights/Theraband	Weights/Theraband
9:35 am	Senior Circuit	Senior Circuit	Senior Circuit	Senior Circuit	Senior Circuit	Senior Circuit	Senior Circuit
12:00 pm	J and J Show	J and J Show	J and J Show	J and J Show	J and J Show	J and J Show	J and J Show
2:00 pm		Movie: see below		Movie: see below			
3:00 pm						Movie: see below	
6:00 pm							Movie see below



TUESDAY and SATURDAY

This Is Where I Leave You (2014 bittersweet based on a book)
 When their father dies, four siblings return home for a week, but mourning quickly takes a back seat to bickering and opportunistic backstabbing. (starring Jason Bateman, Tina Fey and Jane Fonda)

THURSDAY and SUNDAY

The Starling (2021 heartfelt drama/comedy)
 A woman adjusting to life after a loss contends with a feisty bird that's taken over her garden — and a husband who's struggling to find a way forward.