



WELLNESS OPPORTUNITIES | MARCH 27—April 2, 2023

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, MARCH 27 	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	4:00 pm	Social	MSP
	11:50 am	Shallow Circuit	BEC AC			
	1:15 pm	Cardio Splash	BEC AC			
	2:00 pm	Talk and Tread	BEC AC			
TUESDAY, MARCH 28 Happy Birthday Jolene Hoffman Happy Anniversary Ron and Navella Richey	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	Marjorie Van Buren Book Talk	Chapel
	11:30 am	Fall Prevention Tai Chi	WWC	1:00 pm	Red Carpet	BEC
	1:15 pm	B Chi	BEC AC	1:00 pm	Movie: <i>North By Northwest</i>	CAC
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Paint with Sam	KAC
	<div style="border: 1px solid black; padding: 5px;"> Marjorie Van Buren Book Talk Resident Marjorie Van Buren will talk about her new novel, <i>The Coroner Had No Comment</i>. 10:00 am Main Street Chapel </div>			1:00 pm	Lenten Bible Study	Chapel
				6:30 pm	Swing Dance Class	CAC
				6:30 pm	Rummikub	EV BB
WEDNESDAY, MARCH 29 Happy Birthday Doris Moreland Happy Anniversary Stew and Jan Karrer	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	Trip to Casino and St. Mary's	Shuttle
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Aldi's Shopping	Shuttle
	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 30 Happy Birthday Sherilyn Cook (BC)	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	11:30 am	Chat and Get Phat	CAC
	10:15 am	Balance and Breathing	WWC	12:45 pm	Sing-along with Bob	CAC
	12:30 pm	Cardio Splash	BEC AC	1:30 pm	Pressed Flowers Workshop	EV AS
	1:15 pm	B Chi	BEC AC	2:00 pm	Rummikub	RW 226
	2:00 pm	Talk and Tread	BEC AC			
FRIDAY, MARCH 31	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
				4:00 pm	Happy Hour	EV BB
SATURDAY, APRIL 1	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
				6:45 pm	Topeka Symphony	Shuttle
SUNDAY, APRIL 2 Happy Birthday Marilyn Hines (BC)				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

Worth (2021 drama based on real life)

In the wake of the September 11 attacks, a lawyer faces an emotional reckoning as he attempts to put a dollar value on the lives lost. (starring Michael Keaton and Stanley Tucci)

THURSDAY and SUNDAY

Guillermo del Toro's Pinocchio (2022 based on a book)

This film won an Oscar for Best Animated Feature Film. Filmmaker del Toro reinvents the classic story of a wooden puppet brought to life in this stunning stop-motion musical tale. (starring Ewan McGregor and Cate Blanchett)