


# WELLNESS OPPORTUNITIES | MAY 22—28, 2023

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, MAY 22</b> <b>Happy Birthday</b> Mary Muilenburg 	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Sit 'n Bee Fit 10:15 am Chair Yoga 11:00 am Weights/Theraband 11:50 am Shallow Circuit 1:15 pm Cardio Splash 2:00 pm Talk and Tread	BEC WC WWC BEC WC WWC BEC WC BEC AC Canceled Canceled	9:00 am Coffee & Chat <b>10:00 am Bazaar Meeting</b> 1:00 pm Card Games 1:30 pm Card Games <b>4:00 pm Social</b>  <b>Graduation Photos</b> It's not too late to submit your graduation photo to be shared on BPTV 1960. Drop your photo off with Cheryl at RW or Maxine at EV. 	EV BB <b>KAC</b> RW 226 EV BB <b>MSP</b>  EV BB <b>MSP</b> KAC <b>BEC</b> <b>Chapel</b> <b>Chapel</b> EV BB		
<b>TUESDAY, MAY 23</b>	8:25 am Low Impact Aerobics 9:30 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 WWC WWC WWC BEC AC BEC AC	9:00 am Coffee & Chat <b>9:30 am Red Carpet</b> 1:00 pm Open Paint <b>1:00 pm Red Carpet</b> <b>2:00 pm Sara Tucker Presents</b> <b>3:15 pm Brewster Choir Practice</b> 6:30 pm Rummikub	EV BB <b>MSP</b> KAC <b>BEC</b> <b>Chapel</b> <b>Chapel</b> EV BB		
<b>WEDNESDAY, MAY 24</b> <b>Happy Birthday</b> Criss Schulz Mary Ann Hill (BC)	8:25 am Low Impact Aerobics 9:30 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 WWC BEC WC BEC WC BEC AC BEC AC	<b>8:30 am John Deere Tractor and Ottawa Tour</b> 9:00 am Coffee & Chat 10:00 am Aldi's Shopping 6:30 pm Mexican Train Dominos	<b>Shuttle</b> EV BB Shuttle EV BB		
<b>THURSDAY, MAY 25</b>	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Balance and Breathing 12:30 pm Cardio Splash 1:15 pm B Chi 2:00 pm Talk and Tread	BEC WC WWC WWC BEC AC BEC AC BEC AC	9:00 am Coffee & Chat <b>11:00 am Episcopal Service</b> <b>2:00 pm Birthday Party</b> <b>2:30 pm Craft 'n Chat</b> 2:00 pm Rummikub <b>7:00 pm Swing Dance Class</b>	EV BB <b>Chapel</b> <b>CAC</b> <b>KAC</b> RW 226 <b>CAC</b>		
<b>FRIDAY, MAY 26</b> <b>Happy Birthday</b> Jo Bonjour Dee Crawford Fred Hetrick (BC)	10:15 am Chair Yoga 11:00 am Mat Yoga	BEC WC BEC WC	9:00 am Coffee & Chat 10:00 am Shopping at Dillons <b>11:00 am Scam Education</b> 1:00 pm BINGO 1:30 pm Rummikub 2:00 pm Pickleball Group <b>4:00 pm Happy Hour</b>	EV BB Shuttle <b>CAC</b> MSP EV BB CAC <b>EV BB</b>		
<b>SATURDAY, MAY 27</b> <b>Happy Birthday</b> Mary Lou Mitchell	10:15 am Chair Yoga	BEC WC	9:00 am Coffee & Chat 10:00 am Storywise Chat <b>4:00 pm Saturday Social</b> 5:00 pm Joker Card Game	EV BB MSP EV Gazebo EV BB		
<b>SUNDAY, MAY 28</b> <b>Happy Birthday</b> Alice Bowser Linda Strick (BC)			1:00 pm Worship Service 2:30 pm Vespers	BHC 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	<b>NEW!</b> 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

#### Call Me Kate (2022 biographical documentary)

Through newly uncovered audio and video footage, the inner life of intensely private legend Katharine Hepburn emerges in this documentary.

### THURSDAY and SUNDAY

#### Rocky (1976 classic sports movie)

Rocky is a small-time Philadelphia boxer going nowhere, until an unbelievable shot to fight the world heavyweight champion lights a fire inside him. (starring Sylvester Stallone and Talia Shire)