

WELLNESS OPPORTUNITIES | SEPTEMBER 18—24, 2023

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, SEPTEMBER 18 Happy Birthday Mariella Green World Alzheimer's Month We honor those who suffer with this disease and thank those family members, friends and caregivers who support and love them on their journey.	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:00 am	Sam in the Studio	Canceled
	10:15 am	Sit 'n Bee Fit	BEC WC	1:00 pm	Sam in the Studio	Canceled
	10:15 am	Chair Yoga	WWC	1:00 pm	Card Games	RW 404
	11:00 am	Weights/Theraband	BEC WC	1:30 pm	Card Games	EV BB
	11:50 am	Shallow Circuit	BEC AC	4:00 pm	Social	MSP
	1:15 pm	Cardio Splash	BEC AC	6:15 pm	Cribbage	EV BB
	2:00 pm	Talk and Tread	BEC AC			
TUESDAY, SEPTEMBER 19 Happy Birthday J.R. Campbell	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:00 am	Sam in the Studio	KAC
	10:15 am	Balance and Breathing	WWC	9:00 am	Topeka Zoo Monarch Butterfly Training	Chapel
	11:30 am	Fall Prevention Tai Chi	WWC	9:30 am	Writing Club	EV CR
	1:15 pm	B Chi	BEC AC	10:00 am	Tea Towel Tuesday	KAC
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Sam in the Studio	KAC
				2:00 pm	Sara Tucker Presents	Chapel
			6:30 pm	Rummikub	EV BB	
WEDNESDAY, SEPTEMBER 20 Happy Birthday Alicia Salisbury Happy Anniversary Fred and Susan Hsia	8:25 am	Low Impact Aerobics	BEC WC	8:45 am	Day Out in St. Mary's	Shuttle
	9:30 am	Senior Circuit	WWC	9:00 am	Coffee & Chat	EV BB
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Aldi's Shopping	Shuttle
	11:00 am	Weights/Theraband	BEC WC	1:30 pm	Make Ornaments for the Bazaar	KAC
	1:20 pm	Shallow Circuit	BEC AC	6:30 pm	Mexican Dominoes	EV BB
	2:00 pm	Talk and Tread	BEC AC			
THURSDAY, SEPTEMBER 21 Happy Birthday Sue Smith Alice Barron 	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	11:00 am	Episcopal Service	Chapel
	10:15 am	Balance and Breathing	WWC	1:00 pm	John and Debbie Packard's Piano Tribute	CAC
	12:30 pm	Cardio Splash	BEC AC	1:30 pm	Gardens and Grounds Committee	Chapel
	1:15 pm	B Chi	BEC AC	2:00 pm	Rummikub	RW 404
	2:00 pm	Talk and Tread	BEC AC	3:00 pm	Diversity and Inclusion Group	Chapel
				6:00 pm	Stitchin' Time	MSP
FRIDAY, SEPTEMBER 22	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	11:00 am	Mat Yoga	BEC WC	10:00 am	Shopping at Dillons	Shuttle
	Alzheimer's Week Cars & Mars Parade 1:30 pm Campus Wide Including the Hayden High Band, Washburn University Dancing Blues, Cars (old and new), lots of Mars candy and more!			10:00 am	BINGO	MSP
				1:00 pm	Sam in the Studio	Canceled
				1:30 pm	Alzheimer's Week Cars & Mars Parade	Campus
SATURDAY, SEPTEMBER 23 Happy Birthday Jo Ann Carlson Diana Reed Dave Sterbenz	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, SEPTEMBER 24				1:00 pm	Worship Service	BHC
				2:30 pm	Vespers	Chapel



Your source for:
 Updates
 Music
 Movies
 Weather
 Exercise Classes
 J and J Show

PROGRAM SCHEDULE

8:00 am	Announcements	Mon-Fri
9:00 am	Weights/Theraband	Daily
9:35 am	Senior Circuit	Daily
12:00 pm	J and J Show	Daily
2:00 pm	Movie	Tues/Thurs
3:00 pm	Movie	Saturday
6:00 pm	Movie	Sunday

THIS WEEK'S MOVIES

TUESDAY | 2:00 pm
SATURDAY | 3:00 pm
Grace of Monaco
(2014 drama based on real life)
 Academy Award-winner Nicole Kidman captures the beauty and elegance of Grace Kelly in this true story of her transition from Hollywood starlet to Princess of Monaco.

THURSDAY | 2:00 pm
SUNDAY | 6:00 pm
Four Weddings and a Funeral
(1994 comedy drama)
 Love-struck Englishman Hugh Grant pursues the heart of lovely American Andie MacDowell through the five events of the title.