


# WELLNESS OPPORTUNITIES | November 20—26, 2023

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, NOVEMBER 20</b> <b>Happy Birthday</b> Martha Thomas (BC) 	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	Sit 'n Bee Fit	BEC WC	1:00 pm	Sam in the Studio	EV AS
	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	<b>2:00 pm</b>	<b>Unbound Gratitude</b>	<b>Chapel</b>
	1:15 pm	Cardio Splash	BEC AC		<b>Group with</b>	
	2:00 pm	Talk and Tread	BEC AC		<b>Chaplain Julie</b>	
				<b>4:00 pm</b>	<b>Social</b>	<b>MSP</b>
				6:15 pm	Cribbage	EV BB
				<b>6:45 pm</b>	<b>Chiefs Watch Party</b>	<b>Canceled</b>
<b>TUESDAY, NOVEMBER 21</b> <b>Happy Birthday</b> Susan Anderson Jim Holm Jan Litfin	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	<b>9:30 am</b>	<b>Red Carpet</b>	<b>MSP</b>
	11:30 am	Fall Prevention Tai Chi	WWC	<b>9:30 am</b>	<b>Writing Club</b>	<b>EV CR</b>
	1:15 pm	B Chi	BEC AC	1:00 pm	Sam in the Studio	KAC
	2:00 pm	Talk and Tread	BEC AC	<b>1:00 pm</b>	<b>Red Carpet</b>	<b>BEC</b>
				<b>1:00 pm</b>	<b>Movie: Greater</b>	<b>CAC</b>
				<b>3:30 pm</b>	<b>Brewster Choir</b>	<b>Canceled</b>
				<b>6:30 pm</b>	<b>Diversity Group:</b>	<b>MSP</b>
					<b>Native American</b>	
					<b>Drummers</b>	
				6:30 pm	Rummikub	EV BB
<b>WEDNESDAY, NOVEMBER 22</b> <b>Happy Birthday</b> Jett Elmer Marie Eubank	8:25 am	Low Impact Aerobics	Canceled	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit		10:00 am	Walmart Shopping	Shuttle
	10:15 am	Sit 'n Bee Fit		<b>1:00 pm</b>	<b>BINGO Extravaganza</b>	<b>MSP</b>
	11:00 am	Weights/Theraband		<b>1:30 pm</b>	<b>Make Christmas</b>	<b>KAC</b>
	1:20 pm	Shallow Circuit			<b>Cards for BHC</b>	
	2:00 pm	Talk and Tread		6:30 pm	Mexican Dominoes	EV BB
<b>THURSDAY, NOVEMBER 23</b> <b>Happy Birthday</b> Ellen Brown Anne Heim Nancy Kalthoff <b>Happy Anniversary</b> Bruce and Glenda Bower 				9:00 am	Coffee & Chat	EV BB
				2:00 pm	Rummikub	RW 404
					<b>Please note:</b>	
					The Thanksgiving meal will be served for lunch	
					at both The Evergreens Grill and Redwood.	
					The menu is listed on the back of the bulletin.	
<b>FRIDAY, NOVEMBER 24</b> <b>Happy Birthday</b> Patricia Watson Marilyn Witham	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
				<b>1:00 pm</b>	<b>BINGO</b>	<b>Canceled</b>
				1:30 pm	Rummikub	EV BB
				<b>4:00 pm</b>	<b>Happy Hour</b>	<b>EV BB</b>
<b>SATURDAY, NOVEMBER 25</b> <b>Happy Birthday</b> Beckie Stithem (BC)	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
				10:00 am	Storywise Chat	MSP
				<b>10:00 am</b>	<b>Genealogy Group</b>	<b>EV CR</b>
				<b>1:00 pm</b>	<b>Pickleball</b>	<b>CAC</b>
				<b>4:00 pm</b>	<b>Saturday Social</b>	<b>EV BB</b>
				5:00 pm	Joker Card Game	EV BB
<b>SUNDAY, NOVEMBER 26</b> <b>Happy Birthday</b> Joyce Anderson (BC)				<b>9:30 am</b>	<b>Devotions and Donuts</b>	<b>EV BB</b>
				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**  
**A Walk in the Woods**  
*(2015 feel-good adventure)*  
 A travel writer decides to hike the Appalachian Trail and enlists his long-estranged best friend, a wisecracking recovering alcoholic to tag along.  
 (starring Robert Redford, Nick Nolte and Emma Thompson)

**THURSDAY | 2:00 pm**  
**SUNDAY | 6:00 pm**  
**Oklahoma (1955 musical)**  
 In Oklahoma, several farmers, cowboys and a traveling salesman compete for the romantic favors of various local ladies.  
 (starring Gordon MacRae, Gloria Grahame and Gene Nelson)