

WELLNESS OPPORTUNITIES | JANUARY 22—28, 2024

| DATE | EXERCISE CLASSES | | | GROUPS, GAMES, EVENTS | | |
|--|------------------|-------------------------|--------|-----------------------|------------------------------|----------------|
| MONDAY, JANUARY 22 Happy Birthday Mona Gambone (BC) | 8:25 am | Low Impact Aerobics | BEC WC | 9:00 am | Coffee & Chat | EV BB |
| | 9:30 am | Senior Circuit | WWC | 1:00 pm | Sam in the Studio | EV AS |
| | 10:15 am | Sit ‘n Bee Fit | BEC WC | 1:00 pm | Card Games | RW GR |
| | 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 | 6:15 pm | Cribbage | EV BB |
| | 1:15 pm | Cardio Splash | BEC AC | | | |
| | 2:00 pm | Talk and Tread | BEC AC | | | |
| TUESDAY, JANUARY 23 Happy Birthday Sharon Efird | 8:25 am | Low Impact Aerobics | BEC WC | 9:00 am | Coffee & Chat | EV BB |
| | 9:30 am | Senior Circuit | WWC | 10:00 am | Veterans Program | CAC |
| | 10:15 am | Balance and Breathing | WWC | 1:00 pm | Sara Tucker Presents: | CAC |
| | 11:30 am | Fall Prevention Tai Chi | WWC | | Railroads | |
| | 1:15 pm | B Chi | BEC AC | 2:30 pm | Nashville Trip Info | EV BB |
| | 2:00 pm | Talk and Tread | BEC AC | | Mtg | |
| | | | | 6:30 pm | Rummikub | EV BB |
| WEDNESDAY, JANUARY 24 Happy Birthday Hank Slotnick | 8:25 am | Low Impact Aerobics | BEC WC | 9:00 am | Coffee & Chat | EV BB |
| | 9:30 am | Senior Circuit | WWC | 9:30 am | Capitol Tour and | Shuttle |
| | 10:15 am | Sit ‘n Bee Fit | BEC WC | | Lunch | |
| | 11:00 am | Weights/Theraband | BEC WC | 10:00 am | Walmart Shopping | Shuttle |
| | 1:20 pm | Shallow Circuit | BEC AC | 1:00 pm | Valentine’s Cards | RW AS |
| | 2:00 pm | Talk and Tread | BEC AC | 6:30 pm | Mexican Dominoes | EV BB |
|  | | | | | | |
| THURSDAY, JANUARY 25 | 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 | 2:00 pm | Birthday Party | CAC |
| | 12:30 pm | Cardio Splash | BEC AC | 2:00 pm | Rummikub | RW GR |
| | 1:15 pm | B Chi | BEC AC | 3:00 pm | Quilt Club | RW AS |
| | 2:00 pm | Talk and Tread | BEC AC | | | |
| FRIDAY, JANUARY 26 | 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 |
| | | | | 1:00 pm | BINGO | MSP |
| | | | | 1:00 pm | Sam in the Studio | EV AS |
| | | | | 1:30 pm | Rummikub | EV BB |
| | | | | 4:00 pm | Happy Hour | EV BB |
| SATURDAY, JANUARY 27 Happy Birthday Naomi Cashman Ree Theel (BC) Happy Anniversary Jan and Toni Lippincott | 10:15 am | Chair Yoga | BEC WC | 9:00 am | Coffee & Chat | EV BB |
| | | | | 10:00 am | Storywise Chat | MSP |
| | | | | 2:00 pm | Pickleball | CAC |
| | | | | 4:00 pm | Saturday Social | EV BB |
| | | | | 5:00 pm | Joker Card Game | EV BB |
| SUNDAY, JANUARY 28 Happy Birthday Nancy Brooks Glenn Wehking Jasu Lakhani (BC) | | | | 9:30 am | Devotions and Donuts | EV BB |
| | | | | 1:00 pm | Worship Service | BHC |
| | | | | 2:30 pm | Vespers | Chapel |

| BPTV 1960 SCHEDULE | | | THIS WEEK’S MOVIES on BPTV 1960 | | |
|--------------------|-------------------|------------|--|--|--|
| 8:00 am | Announcements | Mon-Fri | TUESDAY at 2:00 pm SATURDAY at 3:00 pm <i>Alice Doesn’t Live Here Anymore</i> <i>(1974 classic romantic comedy)</i> After her husband’s death, a singer with a preteen son takes a job as a diner server in Arizona and falls in love with a rugged local rancher. (starring Ellen Burstyn, Kris Kristofferson, Diane Ladd and Jodie Foster) | THURSDAY at 2:00 pm SUNDAY at 6:00 pm <i>The Good Shepherd (2006 spy drama)</i> Upstanding Yale student Edward Wilson is recruited to work for the fledgling CIA during World War II, but the job soon begins to erode his ideals. (starring Matt Damon, Angelina Jolie and Robert De Niro) | |
| 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 | | | |