
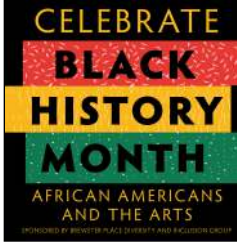



# WELLNESS OPPORTUNITIES | FEBRUARY 12—18, 2024

| DATE   | EXERCISE CLASSES   | GROUPS, GAMES, EVENTS  |
|--|--|--|
| <b>MONDAY, FEBRUARY 12</b><br><b>Happy Birthday</b><br>Eddie Fowler<br>Judy McGinness  | 8:25 am Low Impact Aerobics BEC WC<br>9:30 am Senior Circuit WWC<br>10:15 am Sit 'n Bee Fit BEC WC<br>10:15 am Chair Yoga WWC<br>11:00 am Weights/Theraband BEC WC<br>11:50 am Shallow Circuit BEC AC<br>1:15 pm Cardio Splash BEC AC<br>2:00 pm Talk and Tread BEC AC | 9:00 am Coffee & Chat EV BB<br><b>10:30 am Mindfulness Class</b> Chapel<br>1:00 pm Sam in the Studio EV AS<br>1:00 pm Card Games RW GR<br>1:30 pm Card Games EV BB<br><b>1:30 pm Food Committee</b> MSP<br><b>4:00 pm Social</b> MSP<br>6:15 pm Cribbage EV BB   |
| <b>TUESDAY, FEBRUARY 13</b><br><b>Happy Birthday</b><br>Gayle Anderson<br>   | 8:25 am Low Impact Aerobics BEC WC<br>9:30 am Senior Circuit WWC<br>10:15 am Balance and Breathing WWC<br>11:30 am Fall Prevention Tai Chi WWC<br>1:15 pm B Chi BEC AC<br>2:00 pm Talk and Tread BEC AC  | 9:00 am Coffee & Chat EV BB<br><b>9:30 am Red Carpet</b> MSP<br><b>10:00 am Caregiver's Support Group</b> Chapel<br><b>10:15 am Resident Marketing Committee</b> EV CR<br><b>11:30 am Palentine's Potato Bar (\$5 per person)</b> CAC<br><b>1:00 pm Red Carpet</b> BEC<br><b>6:00 pm Black History Month: African American Music</b> CAC<br>6:30 pm Rummikub EV BB |
| <b>PA</b> lentine's Celebration<br><b>Potato Bar and Magic</b><br><b>11:30 am</b>   Cultural Arts Center<br>For \$5 enjoy a baked potato bar with all the fixin's and entertainment with magician Curtis Sneden. |  <b>CELEBRATE BLACK HISTORY MONTH</b><br><b>African American Music: A Celebration</b><br>6:00 pm   CAC<br>BSJ Ensemble, David Scroggin, Asbury Mt. Olive Methodist Choir              |  |
| <b>WEDNESDAY, FEBRUARY 14</b><br> <b>Happy Valentine's Day!</b>   | 8:25 am Low Impact Aerobics BEC WC<br>9:30 am Senior Circuit WWC<br>10:15 am Sit 'n Bee Fit BEC WC<br>11:00 am Weights/Theraband BEC WC<br>1:20 pm Shallow Circuit BEC AC<br>2:00 pm Talk and Tread BEC AC   | 9:00 am Coffee & Chat EV BB<br><b>9:00 am Ash Wednesday</b> Chapel<br>10:00 am Aldi's Shopping Shuttle<br><b>12:30 pm Combat Air Museum</b> Shuttle<br><b>1:00 pm Watercolor Collage Mural</b> RW AS<br>6:30 pm Mexican Dominoes EV BB   |
| <b>THURSDAY, FEBRUARY 15</b>   | 8:25 am Low Impact Aerobics BEC WC<br>9:30 am Senior Circuit WWC<br>10:15 am Balance and Breathing WWC<br>12:30 pm Cardio Splash BEC AC<br>1:15 pm B Chi BEC AC<br>2:00 pm Talk and Tread BEC AC   | 9:00 am Coffee & Chat EV BB<br><b>1:00 pm Alcohol Ink Tiles</b> RW AS<br><b>1:30 pm Gardens and Grounds Committee</b> Chapel<br>2:00 pm Rummikub RW GR<br><b>3:00 pm Diversity Group</b> Chapel<br><b>6:30 pm Line Dance</b> CAC<br><b>7:00 pm Swing Dance</b> CAC   |
| <b>FRIDAY, FEBRUARY 16</b>   | 10:15 am Chair Yoga BEC WC<br>11:00 am Mat Yoga BEC WC   | 9:00 am Coffee & Chat EV BB<br>10:00 am Shopping at Dillons Shuttle<br>1:00 pm BINGO MSP<br>1:00 pm Sam in the Studio Canceled<br>1:30 pm Rummikub EV BB<br><b>2:00 pm Art Feature: Faith Ringgold</b> Chapel<br><b>4:00 pm Happy Hour</b> EV BB   |
| <b>SATURDAY, FEBRUARY 17</b><br><b>Happy Birthday</b><br>Gerald Benjamin<br>Jack Wisman  | 10:15 am Chair Yoga BEC WC<br>2:00 pm Pickleball CAC   | 9:00 am Coffee & Chat EV BB<br>10:00 am Storywise Chat MSP<br><b>10:00 am Genealogy Group</b> EV CR<br><b>4:00 pm Saturday Social</b> EV BB<br>5:00 pm Joker Card Game EV BB<br><b>6:45 pm Topeka Symphony</b> Shuttle   |
| <b>SUNDAY, FEBRUARY 18</b>   | <b>Happy Birthday</b><br>Rhoda Wisman<br>Lawrence Brock<br>Roseann Schroeder<br>Karen Sutton   | 9:30 am Devotions and Donuts EV BB<br>1:00 pm Worship Service BHC<br>2:30 pm Vespers Chapel  |

## BPTV 1960 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 on BPTV 1960

**TUESDAY at 2:00 pm**  
**SATURDAY at 3:00 pm**  
*Falling for Figaro*  
 (2021 British heartfelt music drama)  
 A fund manager trades her cushy life in London for a tiny Scottish village, where she chases her singing dreams coached by a crotchety former opera star. (starring Danielle Macdonald, Hugh Skinner and Joanna Lumley)

**THURSDAY at 2:00 pm**  
**SUNDAY at 6:00 pm**  
*Made in Italy*  
 (2020 drama, comedy)  
 A widower artist and his estranged son try to mend their broken relationship as they work together to restore a dilapidated house in Italy. (starring Liam Neeson and his actor son Micheál Richardson)