




WELLNESS OPPORTUNITIES | MARCH 4—10, 2024

DATE	EXERCISE CLASSES	GROUPS, GAMES, EVENTS
MONDAY, MARCH 4 Happy Anniversary Roy and Bev Menninger 	8:25 am Low Impact Aerobics BEC WC 9:30 am Senior Circuit WWC 10:15 am Sit 'n Bee Fit BEC WC 10:15 am Chair Yoga WWC 11:00 am Weights/Theraband BEC WC 11:50 am Shallow Circuit BEC AC 1:15 pm Cardio Splash BEC AC 2:00 pm Talk and Tread BEC AC	9:00 am Coffee & Chat EV BB 1:00 pm Sam in the Studio Canceled 1:00 pm Card Games RW GR 1:30 pm Card Games EV BB 4:00 pm Social MSP 6:15 pm Cribbage EV BB
TUESDAY, MARCH 5 Happy Birthday Jo Ann Kemp Rhonda Froelich (BC) Karen Oard (BC)	8:25 am Low Impact Aerobics BEC WC 9:30 am Senior Circuit WWC 10:15 am Balance and Breathing WWC 11:30 am Fall Prevention Tai Chi WWC 1:15 pm B Chi BEC AC 2:00 pm Talk and Tread BEC AC	9:00 am Coffee & Chat EV BB 9:00 am Sam in the Studio Canceled 9:30 am Writing Club EV CR 1:00 pm Sam in the Studio Canceled 1:00 pm Osher: Small Town Kansas CAC 3:30 pm Brewster Choir Practice Chapel 6:30 pm Rummikub EV BB
WEDNESDAY, MARCH 6	8:25 am Low Impact Aerobics BEC WC 9:30 am Senior Circuit WWC 10:15 am Sit 'n Bee Fit BEC WC 11:00 am Weights/Theraband BEC WC 1:20 pm Shallow Circuit BEC AC 2:00 pm Talk and Tread BEC AC	9:00 am Coffee & Chat EV BB 9:45 am Cheap and Cheerful Shopping Shuttle 10:00 am Walmart Shopping Shuttle 10:00 am Therapy Dog Visit CAC 6:30 pm Mexican Dominoes EV BB
THURSDAY, MARCH 7	8:25 am Low Impact Aerobics BEC WC 9:30 am Senior Circuit WWC 10:15 am Balance and Breathing WWC 12:30 pm Cardio Splash BEC AC 1:15 pm B Chi BEC AC 2:00 pm Talk and Tread BEC AC	9:00 am Coffee & Chat EV BB 1:00 pm Stronger Together Support Group Chapel 2:00 pm Rummikub RW GR 6:00 pm Schirmer Singers CAC
FRIDAY, MARCH 8	10:15 am Chair Yoga BEC WC 11:00 am Mat Yoga BEC WC	9:00 am Coffee & Chat EV BB 10:00 am Shopping at Dillons Shuttle 1:00 pm BINGO MSP 1:00 pm Sam in the Studio Canceled 1:30 pm Rummikub EV BB 4:00 pm Happy Hour EV BB
SATURDAY, MARCH 9 Happy Birthday Steve Tempero	10:15 am Chair Yoga BEC WC 2:00 pm Pickleball CAC 	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, MARCH 10 Happy Birthday Bobbie Smelter Jody Koerner (BC)		9:30 am Devotions and Donuts EV BB 1:00 pm Worship Service BHC 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
BANK OF DAVE (2023 British feel-good)
 After big financial institutions fail the people in his small town, a self-made car dealer decides to fight the odds and set up his own local bank. (starring Joel Fry, Hugh Bonneville and Rory Kinnear)

THURSDAY at 2:00 pm
SUNDAY at 6:00 pm
Apollo 13 (1995 based on real life)
 Technical troubles scuttle the Apollo 13 mission in 1970, risking the lives of astronaut Jim Lovell and his crew in this chronicle of a true story. (starring Tom Hanks, Kevin Bacon, Ed Harris and Bill Paxton)