

WELLNESS OPPORTUNITIES | APRIL 1—7, 2024

DATE	EXERCISE CLASSES	GROUPS, GAMES, EVENTS
MONDAY, APRIL 1 	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 Card Games RW GR 1:30 pm Card Games EV BB 4:00 pm Social MSP 6:15 pm Cribbage EV BB
TUESDAY, APRIL 2 Happy Birthday Marilyn Hines (BC) Robert Kennedy (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 9:30 am Writing Club EV CR 1:00 pm Meet & Greet New RW AS Creative Arts Coord 6:00 pm Cornerstone School Shuttle Concert 6:30 m Rummikub EV BB
WEDNESDAY, APRIL 3	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	8:30 am Trip to Midwest Shuttle Genealogical Center 9:00 am Coffee & Chat EV BB 10:00 am Walmart Shopping Shuttle 11:15 am Therapy Dog Visit AL 6:30 pm Mexican Dominoes EV BB
THURSDAY, APRIL 4	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 9:00 am New Resident EV Grill Orientation 10:00 am Community Chat CAC 1:00 pm Stronger Together Chapel Support Group 2:00 pm Rummikub EV GR
FRIDAY, APRIL 5 Happy Birthday Marion Knight Terry Harbert (BC)	10:15 am Chair Yoga BEC WC 11:00 am Mat Yoga BEC WC <div style="background-color: #008000; color: white; padding: 5px; text-align: center;"> Gratitude Crew Family Movie Night 4:30 pm — Pasta Bar 5:00 pm — Movie (<i>Cheaper by the Dozen 2</i>) Cultural Arts Center Prizes: Pasta Night Kit, Dinner & Movie, Free Large Pizza Residents, staff and family members invited! </div>	9:00 am Coffee & Chat EV BB 10:00 am Shopping at Dillons Shuttle 11:00 am Catholic Mass Chapel 1:00 pm BINGO MSP 1:30 pm Rummikub EV BB 4:00 pm Happy Hour EV BB 4:30 pm Family Movie Night CAC <i>Cheaper by the Dozen 2</i>
SATURDAY, APRIL 6 Happy Birthday Patricia Powers (BC)	10:15 am Chair Yoga BEC WC 2:00 pm Pickleball CAC	9:00 am Coffee & Chat EV BB 10:00 am Genealogy Group EV CR 10:00 am Storywise Chat MSP 4:00 pm Saturday Social EV BB 5:00 pm Joker Card Game EV BB
SUNDAY, APRIL 7		9:30 am Devotions and Donuts EV BB 1:00 pm Worship Service BHC 2:30 pm Vespers Chapel 4:00 pm Sunday Supper Club EV BB

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

Tyson's Run (2022 family sports)

While navigating struggles at home and his high school, a teen with autism befriends a champion runner and trains for a marathon. Based on a true story. (starring Major Dodson, Rory Cochrane and Amy Smart)

THURSDAY at 2:00 pm
SUNDAY at 6:00 pm

Please note:

The Gratitude Crew Family Movie Night on Friday will Feature *Cheaper by the Dozen 2*. If you'd like to see the first *Cheaper by the Dozen* movie, tune in on Thursday/Sunday. You don't have to see the first movie to enjoy the second one!

Cheaper by the Dozen (2003 comedy)

While raising twelve children, a middle-aged couple decides to pursue more demanding careers -- only to discover that big families and big careers are a difficult mix. (starring Steve Martin, Bonnie Hunt and Piper Perabo)



Reminder:

The Total Solar Eclipse is April 8.

Eclipse glasses are for sale at The Market for \$3.00 each.
 One pair per resident.

We have a special event planned for the day!