


WELLNESS OPPORTUNITIES



MAY 20—26, 2024

DATE	EXERCISE CLASSES	GROUPS, GAMES, EVENTS
MONDAY, MAY 20 Happy Birthday Glenda Bower  Program Note: The J and J Show is taking a break for the summer. New shows start in September!	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 9:30 am Quilters Group RW AS 1:00 pm Card Games RW GR 1:30 pm Card Games EV BB 1:00 pm Open Studio Time EV AS 1:30 pm Food Committee Mtg MSP 2:00 pm Unbound Gratitude Chapel Group 4:00 pm Social MSP 6:15 pm Cribbage EV BB
TUESDAY, MAY 21	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 9:30 am Red Carpet MSP 10:00 am Bazaar Craft RW AS Workshop 11:00 am Tune-Up Tuesday EV CR 1:00 pm Open Studio Time RW AS 1:00 pm Red Carpet BEC 2:00 pm Sara Tucker Presents CAC 3:00 pm Spiritual Life Chapel Committee 6:30 pm Rummikub EV BB
WEDNESDAY, MAY 22 Happy Birthday Mary Muilenburg Jim Schroff	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 10:00 am Walmart Shopping Shuttle 6:30 pm Mex Train Dominoes EV BB
THURSDAY, MAY 23 Happy Birthday Elaine Prosser	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 11:00 am Episcopal Service Chapel 1:00 pm Open Studio Time RW AS 3:00 pm Quilters Club RW AS 2:00 pm Rummikub RW GR
FRIDAY, MAY 24 Happy Birthday Chriss Schulz	10:15 am Chair Yoga BEC WC 11:00 am Mat Yoga BEC WC <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Please note: The Easy Abstract Watercolor Class scheduled for today has been moved to next week — May 31 at 10:00 am at RW AS. </div>	9:00 am Coffee & Chat EV BB 10:00 am Shopping at Dillons Shuttle 1:00 pm Open Studio Canceled 1:00 pm BINGO MSP 1:30 pm Rummikub EV BB 1:30 pm Play Pool KAC 4:00 pm Happy Hour EV BB
SATURDAY, MAY 25	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 Jokers Card Game EV BB
SUNDAY, MAY 26 Happy Birthday Jo Bonjour Dee Crawford Fred Hetrick		9:30 am Morning Devotions 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
9:30 am	Senior Circuit	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
Mother of the Bride (2024 romance)
 A tropical island wedding turns awkward for the bride's widowed mom (Brooke Shields) when she realizes her college ex (Benjamin Bratt) is the groom's dad.

THURSDAY at 2:00 pm
SUNDAY at 6:00 pm
Freud's Last Session (2023 cerebral drama)
 On the brink of WW II, Sigmund Freud invites C.S. Lewis over for a charged conversation about love, family and the existence of God. (starring Anthony Hopkins and Matthew Goode)