

# WELLNESS OPPORTUNITIES | JULY 15—21, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, JULY 15</b>  <p><b>It's Hot Out!</b> Stay hydrated. Stay inside. Do your outdoor activities in the morning.</p>	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	<b>9:30 am</b>	<b>Quilters Group</b>	<b>RW AS</b>
	10:15 am	Sit 'n Bee Fit	BEC WC	1:00 pm	Card Games	RW GR
	10:15 am	Chair Yoga	WWC	<b>1:00 pm</b>	<b>Open Studio Time</b>	<b>EV AS</b>
	11:00 am	Mat Yoga	WWC	1:30 pm	Card Games	EV BB
	11:00 am	Weights/Theraband	BEC WC	<b>2:00 pm</b>	<b>Grief and Gratitude Group</b>	<b>Chapel</b>
	11:50 am	Shallow Circuit	BEC AC	<b>4:00 pm</b>	<b>Social</b>	<b>MSP</b>
	1:15 pm	Cardio Splash	BEC AC	6:15 pm	Cribbage	EV BB
	2:00 pm	Talk and Tread	BEC AC			
<b>TUESDAY, JULY 16</b> <p><b>Candidate Forum</b> Kansas Senate 19th District <b>3:30 pm   Cultural Arts Center</b> <b>Primary Candidates Invited:</b> Vic Miller (D), Patrick Schmidt (D), ShaMecha King Simms (D), Cynthia Smith (R), Tyler Wible (R) <b>Moderator:</b> Judy Moler, League of Women Voters</p>	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	<b>9:30 am</b>	<b>Writing Club</b>	<b>EV CR</b>
	10:15 am	Balance and Breathing	WWC	<b>9:30 am</b>	<b>Red Carpet</b>	<b>MSP</b>
	11:30 am	Fall Prevention Tai Chi	WWC	<b>10:00 am</b>	<b>Bazaar Craft Workshop</b>	<b>Canceled</b>
	1:15 pm	B Chi	BEC AC	<b>1:00 pm</b>	<b>Red Carpet</b>	<b>BEC</b>
	2:00 pm	Talk and Tread	BEC AC	<b>1:00 pm</b>	<b>Open Studio Time</b>	<b>RW AS</b>
				<b>1:00 pm</b>	<b>Osher: Boy Generals of the Civil War</b>	<b>CAC</b>
				<b>3:30 pm</b>	<b>Candidate Forum</b>	<b>CAC</b>
				6:30 pm	Rummikub	EV BB
<b>WEDNESDAY, JULY 17</b> <p><b>Happy Birthday</b> Nancy Anderson Jim Banks</p> <p><b>Happy Anniversary</b> Phil and Joan Farmer</p>	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	<b>10:00 am</b>	<b>CATIE Presentation</b>	<b>EV CR</b>
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Walmart Shopping	Shuttle
	11:00 am	Weights/Theraband	BEC WC	<b>10:00 am</b>	<b>Movie: Secret Life of Walter Mitty</b>	<b>Chapel</b>
	1:20 pm	Shallow Circuit	BEC AC	<b>1:00 pm</b>	<b>Valley Falls Fiddlers</b>	<b>CAC</b>
	2:00 pm	Talk and Tread	BEC AC	<b>2:00 pm</b>	<b>AA Meeting</b>	<b>BEC WC</b>
				6:30 pm	Mex Train Dominoes	EV BB
<b>THURSDAY, JULY 18</b> <p><b>Happy Birthday</b> Marlys Strobel</p> <p><b>Hydration Campaign</b> 10:00 am—12:00 pm Brewster Events Center 1:00—3:00 pm Redwood Lounge</p>	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	<b>10:00 am</b>	<b>Alcohol Ink Tiles</b>	<b>RW AS</b>
	10:15 am	Balance and Breathing	WWC	<b>1:00 pm</b>	<b>Summer Olympics Darty (Day Party)</b>	<b>CAC</b>
	12:30 pm	Cardio Splash	BEC AC	<b>1:30 pm</b>	<b>Gardens and Grounds Committee</b>	<b>Chapel</b>
	1:15 pm	B Chi	BEC AC	2:00 pm	Rummikub	RW GR
	2:00 pm	Talk and Tread	BEC AC	<b>3:00 pm</b>	<b>Diversity Committee</b>	<b>Chapel</b>
<b>FRIDAY, JULY 19</b>	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
				10:00 am	Shopping at Dillons	Shuttle
				<b>9:30 am</b>	<b>Quilters Group</b>	<b>RW AS</b>
				<b>1:00 pm</b>	<b>Open Studio</b>	<b>EV AS</b>
				1:00 pm	BINGO	MSP
				1:30 pm	Rummikub	EV BB
				<b>1:30 pm</b>	<b>Play Pool</b>	<b>KAC</b>
				<b>4:00 pm</b>	<b>Happy Hour</b>	<b>EV BB</b>
<b>SATURDAY, JULY 20</b> <p><b>Happy Birthday</b> Richard Ditzler Shirley Lewis Sandy Wittmer (BC)</p> <p><b>Happy Anniversary</b> Jerry and Diana Reed</p>	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	2:00 pm	Pickleball	CAC	10:00 am	Storywise Chat	MSP
				<b>10:00 am</b>	<b>Genealogy Group</b>	<b>EV CR</b>
				<b>4:00 pm</b>	<b>Saturday Social</b>	<b>EV BB</b>
<b>SUNDAY, JULY 21</b>				9:30 am	Morning Devotions	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	<b>TUESDAY at 2:00 pm</b> <b>SATURDAY at 3:00 pm</b> <i>Guarding Tess (1994 comedy drama)</i> Shirley MacLaine and Nicolas Cage star in this cantankerous comedy about a former First Lady and her reluctant bodyguard.	<b>THURSDAY at 2:00 pm</b> <b>SUNDAY at 6:00 pm</b> <i>The Paper (1994 drama comedy)</i> Facing financial strains and pressure from his wife, a newspaper editor must choose between a prestigious new job and a career-defining story. (starring Michael Keaton, Robert Duvall and Glenn Close)	
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			