## WELLNESS OPPORTUNITIES | JULY 15-21, 2024

MONDAY, JULY 15       B-25 am (30 am (all tess Group)       Corres & Chat (30 am (all tess Group)       EVE (30 am (all tess Group)         It's Hot Outl Say Invitated. Sy Invitated. Do your outdoor attributis in the morning.       B-25 am (315 am (316 am (315 am (315 am (316 am (315 am (315 am (316 am (315 am (316 am (315 am (316 am (315 am (316 am (316 am (315 am (316 am (316 am (316 am (316 am (316 am (316 am (316 am (316 am (316 am (316 am	•					<u> </u>		<b>•</b>	
If is Not Curit       930 am       Senior Circuit       WWC       930 am       Quiters Group       RW         U131s ms       Fri Bee Fit       BC WC       100 pm       Card Games       EVA         1013s ms       Fri Bee Fit       WWC       130 pm       Card Games       EVA         1100 mv       Mat Yoga       WWC       130 pm       Card Games       EVA         1100 mv       Stay inside.       Dron Gard Games       EVA       Card Games       EVA         1100 mv       Stay inside.       Dron Gard Games       EVA       Card Games       EVA         1130 mv       Stay inside.       BC AC       BC AC       Card Games       EVA         1230 pm       Curitar Ars Card Games       BC AC       BC AC       Card Games       EVA         1330 pm       Curitar Ars Card Games       BC AC       BC AC <t< th=""><th></th><th>DATE</th><th></th><th>EXERCISE CLASS</th><th>SES</th><th>GROU</th><th>JPS, GAMES, EV</th><th>ENTS</th></t<>		DATE		EXERCISE CLASS	SES	GROU	JPS, GAMES, EV	ENTS	
Stay inside. Devine devines in the morning.       11:00 am       Mat Yog5 Mark Structure       WWC       1:30 pm       Card Games. EVE       EVE         TUESDAY, JULY 18       11:00 am       Mark Yog5 Mark and Tread       BEC AC       60 pm       Grief and Gratitude Group       MSF         Candidate Forum Kanss Snate Sibb Ditrict 3:00 pm       B2:5 am       Low impact Aerobics       BEC WC       9:00 am       Coffee & Chat       EVE         1:130 am       Weights/Threathand 1:30 am       B2:5 am       Low impact Aerobics       BEC WC       9:00 am       Coffee & Chat       EVE         1:130 am       Candidate Initiation 1:130 am       EChi       B2:00 pm       Taik and Tread       BEC AC       1:00 pm       Baiance and Breathing       WVC       1:00 pm       Baiance and Breathing       WVC       1:00 pm       Coffee & Chat       EVE       BC         1:00 pm       Date fact scienter       1:10 am       Taik and Tread       BEC AC       1:00 pm       Coffee & Chat       EVE       BEC       Coffee & Chat       EVE       Science Crout       1:00 am       Coffee & Chat       EVE       Science Crout       Science Crout       Science Crout       Science Crout       Science Crout       Science Crout	MONDA		9:30 am	n Senior Circuit	WWC	9:30 am	Quilters Group	EV BB <b>RW AS</b> RW GR	
TUESDAY, JULY 16   8.25 am   Low Impact Aerobics   BEC WC   9:00 am   Coffee & Chat   EV     Safe m [ Liver larks chant [0], Safe m [ Liver k schnnit [0], Shawcha King Simst(1), Cyntha Smit, [Nyer Wbiel], Lague of Women Voters   9:00 am   Coffee & Chat   EV     WC   9:30 am   Red Carpet   MSF     1:15 pm   B Chi   WWC   9:30 am   Red Carpet   MSF     (V) Miller (D, Ryler Wbiel), Shawcha King Simst(1), Cyntha Smit, (I), Hyer Wbiel, League of Women Voters   BC Di   BEC AC   1:00 pm   Open Studio Time Workshop   BEC     WEDNESDAY, JULY 17 Happy Birthday Nancy Anderson Jim Banks   8:25 am   Low Impact Aerobics   BEC WC   9:00 am   Coffee & Chat   EV D     1:00 am   Weights/Threaband   BEC WC   9:00 am   Coffee & Chat   EV D     1:00 am   Weights/Threaband   BEC WC   9:00 am   Coffee & Chat   EV D     1:00 am   Weights/Threaband   BEC WC   9:00 am   Movie: Scettified T   Chat     1:00 am   Weights/Threaband   BEC WC   BEC AC   9:00 am   Waiter Mithy     1:00 am   Salow Circuit   BEC AC   BEC MC   10:00 am   Waiter Mithy     1:00 am   Salow Circuit   BEC MC   BEC WC   9:00 am   Movie: Scettified T <tr< td=""><td>Water</td><td>Stay inside. Do your outdoor activities in the</td><td>11:00 a 11:00 a 11:50 a 1:15 pm</td><td>m Mat Yoga m Weights/Theraband m Shallow Circuit n Cardio Splash</td><td>WWC BEC WC BEC AC BEC AC</td><td>1:30 pm 2:00 pm 4:00 pm</td><td>Card Games Grief and Gratitude Group Social</td><td>EV AS EV BB Chapel MSP EV BB</td></tr<>	Water	Stay inside. Do your outdoor activities in the	11:00 a 11:00 a 11:50 a 1:15 pm	m Mat Yoga m Weights/Theraband m Shallow Circuit n Cardio Splash	WWC BEC WC BEC AC BEC AC	1:30 pm 2:00 pm 4:00 pm	Card Games Grief and Gratitude Group Social	EV AS EV BB Chapel MSP EV BB	
Candidate Forum Kanass Senate 19th District 330 pm   Cutural Arts Center Primary Candidates Invited: UV. Miller (D), patrick schmidt (D), Shafkow King Simme (D), Cyntha Smith (R), Yuer Wiele (R), Moderator: Judy Moler, League of Women Voters       Senior Circuit B Chi       WWC       9:30 am Weight (S) B Chi       WWC       1:00 pm Weight (S) B Chi       WWC       1:00 pm Weight (S) B Chi       WWC       1:00 pm Weight (S) B Chi       Weight (S) B Chi	TUESDA	Y, JULY 16						EV BB	
WEDNESDAY, JULY 17 Happy Birthday Nancy Anderson Jim Banks       8:25 am Uot Sam Sit 'n Bee Fit 10:03 am Weights/Theraband Weights/Theraband BEC WC       BEC WC 9:00 am Wolf       9:00 am Walmart Shopping Walter Mitty       EV C Uot Sam Walter Mitty         Happy Anniversary Phil and Joan Farmer       10:15 am Uot Sam Sit 'n Bee Fit Shallow Circuit       BEC WC BEC WC       9:00 am Walter Mitty       Coffee & Chat Walter Mitty       EV C Uot Sam Walter Mitty         Happy Birthday Marlys Strobel       10:20 am Uot Sam Marks Strobel       Low Impact Aerobics Senior Circuit       BEC WC WWC       10:00 am Walter Mitty       CAC Doo Dam A A Meeting BEC AC       CAC Doo Dam A Meeting BEC AC       CAC Doo Dam A Meeting BEC AC       EV B BEC AC         Hydration Campaign 10:00 am Alcobol Ink Tiles       9:30 am Diversity Committee       San diversity Diversity Committee       EV B BEC AC       1:30 pm Diversity Committee       CAC Datry (Day Party)         FRIDAY, JULY 19       10:15 am Richard Ditler Shirley Lewis Sandy Wittmer (BC)       10:15 am Diversity Committee       CAC Diversity Committee       9:00 am Diversity Committee       CAC Diversity Committee       EV B Diversity Com	Can Kansas 3:30 pm Primar Vic Mille ShaW Cynthia Mod	Adidate Forum s Senate 19th District a   Cultural Arts Cente y Candidates Invited: r (D), Patrick Schmidt (D) Aecha King Simms (D), Smith (R), Tyler Wible (R lerator: Judy Moler,	9:30 am 10:15 a 11:30 a 1:15 pm 2:00 pm	n Senior Circuit m Balance and Breathin m Fall Prevention Tai Ch n B Chi	WWC ng WWC ni WWC BEC AC	9:30 am 9:30 am 10:00 am 1:00 pm 1:00 pm 1:00 pm 3:30 pm	Writing Club Red Carpet Bazaar Craft Workshop Red Carpet Open Studio Time Osher: Boy Generals of the Civil War Candidate Forum	EV CR MSP Canceled BEC RW AS CAC	
Happy Birthday Nancy Anderson Jim Banks     9:30 am Ibin Banks     Senior Circuit     WWC     10:00 am Ibin Banks     CATE Presentation     EV C       Happy Anniversary Phil and Joan Farmer     10:00 am Ibin Banks     WWC     10:00 am Ibin Banks     WWC     10:00 am Ibin Banks     WWC     10:00 am Ibin Banks     WWC     10:00 am Ibin Banks     Walter Mitty     Straiter     Straiter     Con Ibin Banks     Ibin Ba						· ·		EV BB	
THURSDAY, JULY 18   B325 am (9:30 am)   Low Impact Aerobics Senior Circuit   BEC WC WWC   9:00 am   Coffee & Chat   EV B     Hydration Campaign 10:00 am -12:00 pm Brewster Kents Center 1:00-3:00 pm Redwood Lounge   8:25 am (2:30 pm)   Low Impact Aerobics Senior Circuit   BEC WC WWC   9:00 am   Coffee & Chat   EV B     10:00 am -12:00 pm Brewster Kents Center 1:00-3:00 pm   8:25 am (2:30 pm)   B Chi   BEC AC   9:00 am   Cardios and Grounds   Chat     10:00 am -2:00 pm Brewster Kents Center 1:00-3:00 pm   8:00 pm   Cardio Splash   BEC AC   BEC AC   1:30 pm   Gardens and Grounds   Chat     2:00 pm   Nummikub   RW   8:00 pm   Bit and Tread   BEC AC   9:00 am   Coffee & Chat   EV B     1:0:15 am   Chair Yoga   BEC WC   9:00 am   Coffee & Chat   EV B     1:0:0 pm   10:15 am   Chair Yoga   BEC WC   9:00 am   Coffee & Chat   EV B     1:0:0 pm   Nummikub   EV P   10:00 am   Coffee & Chat   EV B     1:0:0 pm   Nummikub   EV P     1:0:0 pm   Nummikub   EV B     1:0:0 pm </td <td>Ha Hap</td> <td>appy Birthday Nancy Anderson Jim Banks Ppy Anniversary</td> <td>9:30 am 10:15 a 11:00 a 1:20 pm</td> <td>n Senior Circuit m Sit 'n Bee Fit m Weights/Theraband n Shallow Circuit</td> <td>WWC BEC WC BEC WC BEC AC</td> <td><b>10:00 am</b> 10:00 am <b>10:00 am</b></td> <td>CATIE Presentation Walmart Shopping Movie: Secret Life of Walter Mitty</td> <td>EV BB EV CR Shuttle Chapel</td>	Ha Hap	appy Birthday Nancy Anderson Jim Banks Ppy Anniversary	9:30 am 10:15 a 11:00 a 1:20 pm	n Senior Circuit m Sit 'n Bee Fit m Weights/Theraband n Shallow Circuit	WWC BEC WC BEC WC BEC AC	<b>10:00 am</b> 10:00 am <b>10:00 am</b>	CATIE Presentation Walmart Shopping Movie: Secret Life of Walter Mitty	EV BB EV CR Shuttle Chapel	
Happy Birthday Markys Strobel     9:30 am Markys Strobel     Senior Circuit 10:15 am Balance and Breathing Balance and Breathing 10:00 am Alcohol Ink Tiles Balance and Breathing WWC 12:30 pm Brewster Events Center 1:00 - 3:00 pm Redwood Lounge     NWWC 10:15 am B Chi     10:00 am BEC AC BEC AC     Alcohol Ink Tiles WWC BEC AC     NW Diversity Commitse 2:00 pm     NW Birthday RW 3:00 pm     NW Birthday BUNDAY, JULY 20 Happy Birthday Richard Ditzler Shirthey Lewis Sandy Wittmer (BC)     Numerolympics ALCOND MARK Notestand Ditaler Shirthey Lewis Sandy Wittmer (BC)     Output for the sector Part of the sector Pickleball     Numerolympics BEC WC ALCOND MARK Notestand Ditaler Shirthey Lewis Sandy Wittmer (BC)     Output for the sector Pickleball     Numerolympics BEC WC ALCOND MARK Notestand Ditaler Shirthey Lewis Sandy Wittmer (BC)     Numerolympics ALCOND MARK Notestand Ditaler Subback at 2:00 pm     Numerolympics BHC SUNDAY, JULY 21     Numerolympics CAC     Numerolympics BHC SUNDAY at 2:00 pm     Numerolympics BHC SUNDAY at 5:00 pm       BPTV 1960 SCHEDULE     THESBAY at 2:00 pm SATURDAY at 3:00 pm     THURSDAY at 2:00 pm     THURSDAY at 2:00 pm	Ph	il and Joan Farmer	2.00 pm	T Taik and fread	BEC AC	2:00 pm	AA Meeting	BEC WC	
10:00 am - 12:00 pm Brewster Events Center 1:00 - 3:00 pm Redwood Lounge1:15 pm Talk and TreadBEC AC BEC AC1:30 pm BEC ACGardens and Grounds Committee 2:00 pmRummikub RUM RUM RUM 3:00 pmRW RUM Diversity CommitteeRW Chal Chal Chal Sido pmFRIDAY, JULY 1910:15 am Chair Yoga10:15 am Chair YogaBEC WC9:00 am 9:00 am Coffee & Chat9:00 am RUMITERS Group Coffee & ChatEV B 1:00 pm 9:00 am Coffee & ChatEV B 1:00 pm Sido m PickleballSATURDAY, JULY 20 Happy Birthday Richard Ditzler Shirley Lewis Sandy Wittmer (BC)10:15 am PickleballChair Yoga PickleballBEC WC CAC9:00 am Coffee & Chat 1:00 pm Storywise Chat 10:00 am Storywise Chat 10:00 pmEV B 9:00 am Storywise Chat 10:00 pmEV B 9:00 am Storywise Chat 10:00 pmBUNDAY, JULY 2110:15 am Pickleball10:15 am PickleballBEC WC CAC9:00 am 9:00 am Coffee & Chat 10:00 am Storywise Chat 10:00 pmEV B 9:00 am Storywise Chat BHC 2:30 pmVerspersBPTV 1960 SCHEDULETHIS WEEK'S MOVIES on BPTV 1960THURSDAY at 2:00 pm SturdAY at 3:00 pmTHURSDAY at 2:00 pm SturDAY at 3:00 pmTHURSDAY at 2:00 pm SturDAY at 3:00 pm	Ha	appy Birthday Marlys Strobel	9:30 am 10:15 a	n Senior Circuit m Balance and Breathin	WWC ng WWC	10:00 am	Alcohol Ink Tiles Summer Olympics	EV BB RW AS CAC	
FRIDAY, JULY 19     10:15 am     Chair Yoga     BEC WC     9:00 am     Coffee & Chat     EV B       10:15 am     Chair Yoga     BEC WC     9:00 am     Coffee & Chat     EV B       9:30 am     Quilters Group     RW     1:00 pm     Open Studio     EV A       9:30 am     Quilters Group     RW     1:00 pm     Depn Studio     EV A       1:00 pm     BINGO     MSP     1:30 pm     Rummikub     EV B       1:30 pm     Play Pool     KAC     4:00 pm     Happy Hour     EV B       SATURDAY, JULY 20     10:15 am     Chair Yoga     BEC WC     9:00 am     Coffee & Chat     EV B       Happy Birthday     Richard Ditzler     10:15 am     Chair Yoga     BEC WC     9:00 am     Coffee & Chat     EV B       Shirley Lewis     Sandy Wittmer (BC)     10:15 am     CAC     9:00 am     Coffee & Chat     EV B       Happy Anniversary     Jerry and Diana Reed     9:30 am     Morning Devotions     EV B       SUNDAY, JULY 21     9:30 am     Morning Devotions     EV B     1:00 pm     Worship Service     BHC       BPTV 1960 SCHEDULE     THIS WEEK'S MOVIES o	10: Brev	:00 am—12:00 pm vster Events Center 1:00—3:00 pm	1:15 pm	n B Chi	BEC AC	2:00 pm	Gardens and Grounds Committee Rummikub	<b>Chapel</b> RW GR <b>Chapel</b>	
Happy Birthday Richard Ditzler Shirley Lewis Sandy Wittmer (BC)     2:00 pm     Pickleball     CAC     10:00 am     Storywise Chat     MSP       Happy Anniversary Jerry and Diana Reed     2:00 pm     Pickleball     CAC     10:00 am     Genealogy Group     EV C       BUNDAY, JULY 21     9:30 am     Morning Devotions     EV B       BPTV 1960 SCHEDULE     THIS WEEK'S MOVIES on BPTV 1960     BHC       3:00 am     Announcements     Mon-Fri     TUESDAY at 2:00 pm     THURSDAY at 2:00 pm	FRIDAY,	, JULY 19	10:15 a	m Chair Yoga	BEC WC	9:00 am 10:00 am <b>9:30 am</b> <b>1:00 pm</b> 1:00 pm 1:30 pm <b>1:30 pm</b>	Coffee & Chat Shopping at Dillons <b>Quilters Group</b> <b>Open Studio</b> BINGO Rummikub <b>Play Pool</b>	EV BB Shuttle RW AS EV AS MSP EV BB KAC EV BB	
SUNDAY, JULY 21     9:30 am     Morning Devotions     EV B       1:00 pm     Worship Service     BHC       2:30 pm     Vespers     Chap       THIS WEEK'S MOVIES on BPTV 1960       TUESDAY at 2:00 pm       8:00 am     Announcements     Mon-Fri       TUESDAY at 3:00 pm     SUNDAY at 6:00 pm	Happy Birthday Richard Ditzler Shirley Lewis Sandy Wittmer (BC) Happy Anniversary			U		10:00 am <b>10:00 am</b>	Storywise Chat Genealogy Group	EV BB MSP EV CR EV BB	
BPTV 1960 SCHEDULE   THIS WEEK'S MOVIES on BPTV 1960     8:00 am   Announcements   Mon-Fri     TUESDAY at 2:00 pm   THURSDAY at 2:00 pm     SATURDAY at 3:00 pm   SUNDAY at 6:00 pm	-					1:00 pm	Worship Service	EV BB BHC Chapel	
8:00 am Announcements Mon-Fri TUESDAY at 2:00 pm SUNDAY at 2:00 pm SUNDAY at 6:00 pm	DI	TV 1960 SCHED		<b></b>	S WEEK'S	· ·	•	chaper	
9:00 am Weights/Theraband Daily Guarding Tess (1994 comedy drama) The Paper (1994 drama comedy)	8:00 am	Announcements	Mon-Fri	n-Fri y Guarding Tess (1994 comedy drama)			THURSDAY at 2:00 pm SUNDAY at 6:00 pm The Paper (1994 drama comedy)		
Shirley MacLaine and Nicolas Cage star Eacing financial strains and pressur	9:00 am	Weights/Theraband	Daily						

*Guarding Tess (1994 comedy drama)* Shirley MacLaine and Nicolas Cage star in this cantankerous comedy about a former First Lady and her reluctant bodyguard.

9:30 am

2:00 pm

3:00 pm

6:00 pm

Senior Circuit

Movie

Movie

Movie

Daily

Tues/Thurs

Saturday

Sunday

**The Paper (1994 drama comedy)** 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)