

WELLNESS OPPORTUNITIES | JULY 22–28, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, JULY 22 Happy Birthday Joyce Harbaugh John Downs (BC) 	8:25 am	Low Impact Aerobics	Canceled	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	Canceled	9:30 am	Quilters Group	RW AS
	10:15 am	Sit 'n Bee Fit	Canceled	1:00 pm	Card Games	RW GR
	10:15 am	Chair Yoga	WWC	1:00 pm	Open Studio Time	EV AS
	11:00 am	Mat Yoga	WWC	1:30 pm	Card Games	EV BB
	11:00 am	Weights/Theraband	Canceled	4:00 pm	Social	MSP
	11:50 am	Shallow Circuit	Canceled	6:15 pm	Cribbage	EV BB
	1:15 pm	Cardio Splash	BEC AC			
	2:00 pm	Talk and Tread	BEC AC			
TUESDAY, JULY 23 Happy Birthday Harold Hula	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	10:00 am	Tea Towel Tuesday	RW AS
	10:15 am	Balance and Breathing	WWC	10:30 am	New Book Group	Chapel
	11:30 am	Fall Prevention Tai Chi	WWC	1:00 pm	Open Studio Time	RW AS
	1:15 pm	B Chi	BEC AC	1:00 pm	Osher: Boy Generals of the Civil War	CAC
	2:00 pm	Talk and Tread	BEC AC	6:30 pm	Rummikub	EV BB
				6:30 pm	Line Dance	CAC
				7:00 pm	Swing Dance	CAC
WEDNESDAY, JULY 24 Happy Birthday Norma Hudson	8:25 am	Low Impact Aerobics	BEC WC	7:45 am	Brewster Big Day Out: Hutchinson Trip	Shuttle
	9:30 am	Senior Circuit	WWC	9:00 am	Coffee & Chat	EV BB
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Phoneography + Editing	RW AS
	11:00 am	Weights/Theraband	BEC WC	10:00 am	Aldi's Shopping	Shuttle
	1:20 pm	Shallow Circuit	BEC AC	2:00 pm	AA Meeting	BEC WC
	2:00 pm	Talk and Tread	BEC AC	6:30 pm	Mex Train Dominoes	EV BB
THURSDAY, JULY 25 Happy Birthday Reeta Akins	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:00 am	Safe Cooking Demo with Topeka Fire Dep	CAC
	10:15 am	Balance and Breathing	WWC	11:00 am	Episcopal Service	Chapel
	12:30 pm	Cardio Splash	BEC AC	1:00 pm	Open Studio	RW AS
	1:15 pm	B Chi	BEC AC	2:00 pm	Birthday Party	CAC
	2:00 pm	Talk and Tread	BEC AC	2:00 pm	Rummikub	RW GR
				3:00 pm	Quilters Club	RW AS
				6:00 pm	Topeka Civic Theatre	Shuttle
FRIDAY, JULY 26 Happy Anniversary Jim and Grace Wilson	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
				10:00 am	Shopping at Dillons	Shuttle
				9:30 am	Quilters Group	RW AS
				1:00 pm	Open Studio	EV AS
				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, JULY 27 Happy Birthday Normajean Bennett Patsy Brewster Kurt Koffler Joyce Winter Linda Donaldson (BC)	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
				4:00 pm	Saturday Social	EV BB
SUNDAY, JULY 28 Happy Birthday Colene Butler				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
The Bridge Over the River Kwai (1957)
 British POWs are ordered by their Japanese captors to construct a bridge of strategic importance and are happy to sabotage and delay the progress until their commanding officers orders them to continue the work unhindered to its completion, but are his actions tantamount to collaborating with the enemy?

THURSDAY at 2:00 pm
SUNDAY at 6:00 pm
Eleanor, First Lady of the World (1982)
 Jean Stapleton stars as Eleanor Roosevelt in this made-for-television feature dealing with the years after FDR's death in which Mrs. Roosevelt became an influential public figure in her own right. Stapleton receives excellent support from E. G. Marshall, Coral Browne, Joyce Van Patten and Gail Strickland.