

# WELLNESS OPPORTUNITIES | JULY 29—AUG 4, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, JULY 29</b>  <b>Cox Coverage</b> <ul style="list-style-type: none"> <li>NBC (7)</li> <li>USA (28)</li> <li>E! (59)</li> <li>Golf Channel (79)</li> </ul> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <b>TV Schedule</b>                      Go to: <a href="https://nbcolympics.com/schedule">nbcolympics.com/schedule</a> </div>	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 Mat 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 <b>9:30 am Quilters Group RW AS</b> 1:00 pm Card Games RW GR <b>1:00 pm Open Studio Time EV AS</b> 1:30 pm Card Games EV BB <b>4:00 pm Social MSP</b> 6:15 pm Cribbage EV BB				
<b>TUESDAY, JULY 30</b> <b>Happy 103rd Birthday!</b> Mary McRae  <b>Happy Birthday</b> Gary Baker	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 <b>9:30 am Red Carpet MSP</b> <b>10:00 am Bazaar Craft Wksp RW AS</b> <b>1:00 pm Red Carpet BEC</b> <b>1:00 pm Open Studio Time RW AS</b> <b>1:00 pm Osher: Boy Generals of the Civil War CAC</b>  <b>6:00 pm Faith Speaks: An Interfaith Dialogue Chapel</b> 6:30 pm Rummikub EV BB				
<b>WEDNESDAY, JULY 31</b> <b>Happy Birthday</b> Marge Baker (BC)  <b>Happy Anniversary</b> Gary and Donna Scroggin	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 <b>1:00 pm Movie: The Boys in the Boat CAC</b> <b>2:00 pm Woodworkers Mtg BEC WS</b> <b>2:00 pm AA Meeting BEC WC</b> 6:30 pm Mex Train Dominoes EV BB				
<b>THURSDAY, AUGUST 1</b> <b>Happy Birthday</b> Kaye Jordan-Cain Fred Gilliland	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 <b>9:00 am Watercolor for Everyone RW AS</b> <b>10:00 am Community Chat CAC</b> <b>1:00 pm Open Studio RW AS</b> <b>1:00 pm Stronger Together Support Group Chapel</b> 2:00 pm Rummikub RW GR				
<b>FRIDAY, AUGUST 2</b> <b>Happy Birthday</b> Kay Craig	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 Quilters Group RW AS</b> <b>11:00 am Catholic Mass Chapel</b> <b>1:00 pm Open Studio EV AS</b> 1:00 pm BINGO MSP 1:30 pm Rummikub EV BB <b>1:30 pm Play Pool KAC</b> <b>4:00 pm Happy Hour EV BB</b>				
<b>SATURDAY, AUGUST 3</b> <b>Happy Anniversary</b> Russell and Phyllis Reynolds	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 <b>10:00 am Genealogy Group EV CR</b> <b>4:00 pm Saturday Social EV BB</b>				
<b>SUNDAY, AUGUST 4</b> <b>Happy Anniversary</b> Ernie and Norma Douglas		9:30 am Morning Devotions EV BB 1:00 pm Worship Service BHC 2:30 pm Vespers Chapel <b>4:00 pm Sunday Supper Club EV BB</b>				

## 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**  
*On a Wing and a Prayer (2023 drama)*  
 This extraordinary true story of faith and survival follows passenger Doug White's (Dennis Quaid) harrowing journey to safely land a plane and save his entire family from insurmountable danger, after their pilot dies unexpectedly mid-flight.

**THURSDAY at 2:00 pm**  
**SUNDAY at 6:00 pm**  
*Find Me Falling (2024 romantic comedy)*  
 On a dreamy Mediterranean island, a rock star hiding out in a cliffside home gets a second chance at love in this sweet rom-com starring Harry Connick, Jr.