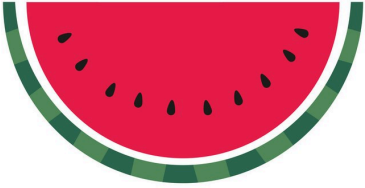


# WELLNESS OPPORTUNITIES | JULY 8—14, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, JULY 8</b> <b>Happy Birthday</b> Doug Mauck Glenda Frisby (BC)	8:25 am	Low Impact Aerobics	Canceled	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	Canceled	<b>9:30 am</b>	<b>Quilters Group</b>	<b>RW AS</b>
	10:15 am	Sit 'n Bee Fit	Canceled	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	<b>1:30 pm</b>	<b>Food Committee</b>	<b>MSP</b>
	11:00 am	Weights/Theraband	Canceled	1:30 pm	Card Games	EV BB
	11:50 am	Shallow Circuit	Canceled	<b>2:00 pm</b>	<b>Mindfulness Class</b>	<b>Chapel</b>
	1:15 pm	Cardio Splash	BEC AC	<b>4:00 pm</b>	<b>Social</b>	<b>MSP</b>
	2:00 pm	Talk and Tread	BEC AC	6:15 pm	Cribbage	EV BB
<b>TUESDAY, JULY 9</b> <b>Happy Birthday</b> Marshall Miller (BC)	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>Tea Towel Tuesday</b>	<b>RW AS</b>
	10:15 am	Balance and Breathing	WWC	<b>10:00 am</b>	<b>Caregiver's Support Group</b>	<b>Chapel</b>
	11:30 am	Fall Prevention Tai Chi	WWC	<b>10:15 am</b>	<b>Resident Marketing Committee</b>	<b>EV CR</b>
	1:15 pm	B Chi	BEC AC	<b>1:00 pm</b>	<b>Open Studio Time</b>	<b>RW AS</b>
	2:00 pm	Talk and Tread	BEC AC	<b>1:00 pm</b>	<b>Hot Times in the Heartland Discussion</b>	<b>CAC</b>
				<b>3:00 pm</b>	<b>Memorial Service</b>	<b>Chapel</b>
				6:30 pm	Rummikub	EV BB
<b>WEDNESDAY, JULY 10</b>	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 Times</b>	<b>RW AS</b>
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Aldi's Shopping	Shuttle
	11:00 am	Weights/Theraband	BEC WC	<b>1:00 pm</b>	<b>Movie: Killers of the Flower Moon Part 2</b>	<b>CAC</b>
	1:20 pm	Shallow Circuit	BEC AC	<b>2:00 pm</b>	<b>AA Meeting</b>	<b>BEC WC</b>
	2:00 pm	Talk and Tread	BEC AC	<b>4:15 pm</b>	<b>Dinner Out at Olive Garden</b>	<b>Shuttle</b>
				6:30 pm	Mex Train Dominoes	EV BB
<b>THURSDAY, JULY 11</b> <b>Happy Birthday</b> Magdalene Kovach Michelle Meier (BC)	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>Resident Council</b>	<b>CAC</b>
	10:15 am	Balance and Breathing	WWC	<b>1:00 pm</b>	<b>Open Studio Time</b>	<b>RW AS</b>
	12:30 pm	Cardio Splash	BEC AC	<b>2:00 pm</b>	<b>Sara Tucker Presents</b>	<b>CAC</b>
	1:15 pm	B Chi	BEC AC	2:00 pm	Rummikub	RW GR
	2:00 pm	Talk and Tread	BEC AC			
<b>FRIDAY, JULY 12</b> <b>Happy Birthday</b> Patti Gurss	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>11:00 am</b>	<b>Catholic Mass</b>	<b>Chapel</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 13</b> <b>Happy Birthday</b> Don Dawson Molly Morris	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>4:00 pm</b>	<b>Saturday Social</b>	<b>EV BB</b>
				5:00 pm	Jokers Card Game	EV BB
<b>SUNDAY, JULY 14</b> <b>Happy Birthday</b> Ann Cousins Helen Petterson				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**  
*Yours, Mine & Ours (1968 comedy)*  
 High school sweethearts Frank and Helen are reunited after Frank moves back to his old hometown. After they quickly fall in love and marry, his ten kids and her eight try to sabotage the relationship when they find out they all have to live together. (starring Lucille Ball and Henry Fonda).

**THURSDAY at 2:00 pm**  
**SUNDAY at 6:00 pm**  
*Butterfly in the Sky: The Story of Reading Rainbow (2022 documentary)*  
 This documentary celebrates "Reading Rainbow" — from its origins to the impact of host LeVar Burton — and how this TV series inspired kids to love books.