

# WELLNESS OPPORTUNITIES — SEPT 30—OCT 6, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, SEPTEMBER 30</b> 	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>4:00 pm</b>	<b>Social</b>	<b>MSP</b>
	11:50 am	Shallow Circuit	BEC AC	6:15 pm	Cribbage	EV BB
	1:15 pm	Cardio Splash	BEC AC			
	2:00 pm	Talk and Tread	BEC AC			
<b>TUESDAY, OCTOBER 1</b> <b>Happy Birthday</b> JoAnn Bunten <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <b>CANDIDATE FORUM</b>  <b>3:30 pm   Cultural Arts Center</b>                      Both candidates invited running for:  <ul style="list-style-type: none"> <li>• KS Senate District 19</li> <li>• KS House District 56</li> <li>• County Treasurer</li> <li>• County Clerk</li> <li>• KS Board of Education (#6)</li> </ul> </div>	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>10:00 am</b>	<b>Tea Towel Tuesday</b>	<b>RW AS</b>
	11:30 am	Fall Prevention Tai Chi	WWC	<b>1:00 pm</b>	<b>KU Osher: Presidential Campaigns</b>	<b>CAC</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>3:30 pm</b>	<b>Candidate Forum</b>	<b>CAC</b>
				6:30 pm	Rummikub	EV BB
<b>WEDNESDAY, OCTOBER 2</b>	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>Cheap and Cheerful Shopping</b>	<b>Shuttle</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>1:30 pm</b>	<b>Therapy Dog Visit</b>	<b>AL</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	6:30 pm	Mex Train Dominoes	EV BB
<b>THURSDAY, OCTOBER 3</b> <b>Happy Birthday</b> Mary Wright	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	<b>9:00 am</b>	<b>New Resident Orientation</b>	<b>EV Grill</b>
	10:15 am	Balance and Breathing	WWC	<b>10:00 am</b>	<b>Community Chat</b>	<b>CAC</b>
	12:30 pm	Cardio Splash	BEC AC	<b>1:00 pm</b>	<b>Open Studio</b>	<b>RW AS</b>
	1:15 pm	B Chi	BEC AC	<b>1:00 pm</b>	<b>Stronger Together Support Group</b>	<b>Chapel</b>
	2:00 pm	Talk and Tread	BEC AC	<b>1:00 pm</b>	<b>Blessing of Pets</b>	<b>MS Patio</b>
				2:00 pm	Rummikub	RW GR
				<b>6:00 pm</b>	<b>3-13 Card Game</b>	<b>RW GR</b>
				<b>6:00 pm</b>	<b>Topeka Civic Theatre</b>	<b>Shuttle</b>
<b>FRIDAY, OCTOBER 4</b>	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
				<b>9:30 am</b>	<b>Quilters Group</b>	<b>RW AS</b>
				10:00 am	Shopping at Dillons	Shuttle
				<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>1:30 pm</b>	<b>Games for All</b>	<b>EV BB</b>
				<b>4:00 pm</b>	<b>Happy Hour</b>	<b>EV BB</b>
<b>SATURDAY, OCTOBER 5</b>	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, OCTOBER 6</b> <b>Happy Birthday</b> Jean Ragan Marybeth Bramlett (BC)				9:30 am	Morning Devotions	EV BB
				1:00 pm	Worship Service	BHC
				2:30 pm	Vespers	Chapel
				<b>4:00 pm</b>	<b>Sunday Supper Club</b>	<b>EV BB</b>
				6:00 pm	Mex Train Dominoes	RW GR

## THIS WEEK'S MOVIES on BPTV 1960

**TUESDAY at 2:00 pm and SATURDAY at 3:00 pm**

**Judy (2019 based on a true story)**

Financially ruined, separated from her children and desperate for a fresh start, Judy Garland embarks on a series of sold-out London concerts in 1968. (starring Renee Zellweger)

**THURSDAY at 2:00 pm and SUNDAY at 6:00 pm**

**Gifted (2017 inspiring drama)**

In this wonderfully moving film, a single man (Chris Evans) strives to give his child prodigy niece (Mckenna Grace) a normal life, despite interference from the girl's grandmother.