

WELLNESS OPPORTUNITIES | SEPTEMBER 2—8, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, SEPTEMBER 2 Happy Birthday Betsy Packard Laura Currah (BC) Tom West (BC) Happy Anniversary Gary and Judy McGinness	 All offices are closed. No mail delivery. The Bank and Market are closed.			LABOR DAY MENUS The Evergreens Grill Grilled Shrimp Skewer over Cilantro Lime Rice Lemon Cake Redwood Restaurant Pork Chop with Sauce Blondie Bar		
TUESDAY, SEPTEMBER 3 Happy Birthday Myrl Cobb	8:25 am Low Impact Aerobics Canceled 9:30 am Senior Circuit Canceled 10:15 am Balance and Breathing Canceled 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 9:30 am Writing Club EV CR 10:00 am Tea Towel Tuesday RW AS 1:00 pm Open Studio Time RW AS 6:30 pm Rummikub EV BB				
WEDNESDAY, SEPTEMBER 4 Happy Birthday Carol Bragdon (BC)	8:25 am Low Impact Aerobics Canceled 9:30 am Senior Circuit 10:15 am Sit 'n Bee Fit 11:00 am Weights/Theraband 1:20 pm Shallow Circuit 2:00 pm Talk and Tread	9:00 am Coffee & Chat EV BB 10:00 am Aldi's Shopping Shuttle 1:30 pm Therapy Dog Visit AL 2nd Fl 2:00 pm AA Meeting BEC WC 6:30 pm Mex Train Dominoes EV BB				
THURSDAY, SEPTEMBER 5 Happy Birthday Lou Arnold	8:25 am Low Impact Aerobics Canceled 9:30 am Senior Circuit Canceled 10:15 am Balance and Breathing Canceled 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 1:00 pm Open Studio RW AS 1:00 pm Stronger Together Chapel Support Group 2:00 pm Rummikub RW GR				
FRIDAY, SEPTEMBER 6 Happy Birthday Barbara Harris Cindy Stafford Janet McElroy (BC) Cindy Rogers (BC)	10:15 am Chair Yoga BEC WC	9:00 am Coffee & Chat EV BB 9:30 am Quilters Group RW AS 10:00 am Shopping at Dillons Shuttle 11:00 am Catholic Mass Chapel 1:00 pm Open Studio EV AS 1:00 pm BINGO MSP 1:30 pm Rummikub EV BB 1:30 pm Play Pool KAC 1:30 pm Games EV BB 4:00 pm Happy Hour EV BB				
SATURDAY, SEPTEMBER 7 Happy Birthday Phil Stone (BC)	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 10:00 am Genealogy Group EV CR 4:00 pm Saturday Social EV BB 6:45 pm Topeka Symphony Shuttle				
SUNDAY, SEPTEMBER 8 Happy Birthday Louise Gleason		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
Ticket to Paradise
 (2022 romantic comedy)
 A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.
 (starring George Clooney and Julia Roberts)

THURSDAY at 2:00 pm
SUNDAY at 6:00 pm
The Neon Highway
 (2024 music drama)
 A family man with long-simmering musical ambitions joins forces with a washed-up country great for a final shot at honky-tonk glory in Nashville.
 (starring Beau Bridges)

We are grateful for the staff at Brewster Place!

*"No work is insignificant. All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."
 -Martin Luther King, Jr.*