

NATIONAL ASSISTED LIVING WEEK

Join us in saying "thank you" to our dedicated Assisted Living staff members.



Inspiring
GENERATIONS

WELLNESS OPPORTUNITIES | SEPTEMBER 9—15, 2024

| DATE | EXERCISE CLASSES | | | GROUPS, GAMES, EVENTS | | |
|--|------------------|-------------------------|----------------|--------------------------|---|----------------|
| MONDAY, SEPTEMBER 9 Happy Birthday Lauren Debuhr (BC) Happy Anniversary Jack Hamilton and Sally Henson Glenn and Barbara Wehking | 8:25 am | Low Impact Aerobics | BEC WC | 9:00 am | Coffee & Chat | EV BB |
| | 9:30 am | Senior Circuit | WWC | 9:30 am | Quilters Group | RW AS |
| | 10:15 am | Sit 'n Bee Fit | BEC WC | 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 | Food Committee | MSP |
| | 11:00 am | Weights/Theraband | BEC WC | 1:30 pm | Card Games | EV BB |
| | 11:50 am | Shallow Circuit | BEC AC | 2:00 pm | Mindfulness Meditation | Chapel |
| | 1:15 pm | Cardio Splash | BEC AC | 4:00 pm | Social | MSP |
| | 2:00 pm | Talk and Tread | BEC AC | 6:15 pm | Cribbage | EV BB |
| TUESDAY, SEPTEMBER 10 Happy Birthday Bob Kerchner Clarene Wilms Lorine Nolte (BC) Happy Anniversary John and Helen Petterson | 8:25 am | Low Impact Aerobics | BEC WC | 9:00 am | Coffee & Chat | EV BB |
| | 9:30 am | Senior Circuit | WWC | 9:30 am | Red Carpet | MSP |
| | 10:15 am | Balance and Breathing | WWC | 10:00 am | Bazaar Bake Sale Mtg | RW AS |
| | 11:30 am | Fall Prevention Tai Chi | WWC | 10:00 am | Caregiver's Support Group | Chapel |
| | 1:15 pm | B Chi | BEC AC | 10:15 am | Resident Marketing Committee | EV CR |
| | 2:00 pm | Talk and Tread | BEC AC | 1:00 pm | Red Carpet | BEC |
| | | | | 1:00 pm | Open Studio Time | RW AS |
| | | | | 2:00 pm | Sara Tucker Presents | CAC |
| | | | | 6:30 pm | Rummikub | EV BB |
| | | | 7:00 pm | Heartland Harmony | CAC | |
| WEDNESDAY, SEPTEMBER 11 Happy Birthday Elizabeth Kopf Kent Weatherby Grace Wilson | 8:25 am | Low Impact Aerobics | BEC WC | 9:00 am | Coffee & Chat | EV BB |
| | 9:30 am | Senior Circuit | WWC | 10:00 am | Walmart Shopping | Shuttle |
| | 10:15 am | Sit 'n Bee Fit | BEC WC | 10:00 am | Trip to Alma and Volland Store | Shuttle |
| | 11:00 am | Weights/Theraband | BEC WC | 2:00 pm | AA Meeting | BEC WC |
| | 1:20 pm | Shallow Circuit | BEC AC | 6:30 pm | Mex Train Dominoes | EV BB |
| | 2:00 pm | Talk and Tread | BEC AC | 6:30 pm | Line Dance Class | CAC |
| | | | | 7:00 pm | Swing Dance Class | CAC |
| | | | | | | |
| THURSDAY, SEPTEMBER 12 Happy Birthday Linda Jackson Marceda Nelson (BC) | 8:25 am | Low Impact Aerobics | BEC WC | 9:00 am | Coffee & Chat | EV BB |
| | 9:30 am | Senior Circuit | WWC | 10:00 am | Resident Council | CAC |
| | 10:15 am | Balance and Breathing | WWC | 1:00 pm | Open Studio | RW AS |
| | 12:30 pm | Cardio Splash | BEC AC | 2:00 pm | Jayna McFarland Sings (sponsored by the Brewster Service Fund) | CAC |
| | 1:15 pm | B Chi | BEC AC | | | |
| | 2:00 pm | Talk and Tread | BEC AC | 2:00 pm | Rummikub | RW GR |
| | | | | 2:00 pm | Blood Pressure Clinic | WWC |
| | | | | | | |
| FRIDAY, SEPTEMBER 13 Happy Birthday Sharon Fundis | 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 |
| | | | | 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 14 | 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, SEPTEMBER 15 Happy Birthday Michael Cassidy | | | | 9:30 am | Morning Devotions | EV BB |
| | | | | 1:00 pm | Worship Service | BHC |
| | | | | 2:30 pm | Vespers | Chapel |

THIS WEEK'S MOVIES on BPTV 1960

TUESDAY at 2:00 pm and SATURDAY at 3:00 pm
Aloha (2015 romantic comedy)

Bradley Cooper, Rachel McAdams and Emma Stone star in this sunny rom-com about old flames and new beginnings, set on the stunning island of Hawaii.

THURSDAY at 2:00 pm and SUNDAY at 6:00 pm
Apollo 13 — Survival (2024 documentary)

Using original footage and interviews, this documentary tells the nail-biting story of Apollo 13 and the struggle to bring its astronauts safely home.