


WELLNESS OPPORTUNITIES — OCTOBER 14—20, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, OCTOBER 14 Happy Birthday Jan Lippincott 	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	10:00 am	Cmty Resource Mtg	MSP
	10:15 am	Chair Yoga	WWC	1:00 pm	Card Games	RW GR
	11:00 am	Mat Yoga	WWC	1:00 pm	Open Studio Time	EV AS
	11:00 am	Weights/Theraband	BEC WC	1:30 pm	Food Committee	MSP
	11:50 am	Shallow Circuit	BEC AC	1:30 pm	Card Games	EV BB
	1:15 pm	Cardio Splash	BEC AC	2:00 pm	Mindfulness Meditation	Chapel
	2:00 pm	Talk and Tread	BEC AC	4:00 pm	Social	MSP
				6:15 pm	Cribbage	EV BB
TUESDAY, OCTOBER 15 Happy Birthday Charlotte Cairns Carole Haynes Marge Robards Kay Stephens Connie Spencer (BC)	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	Coffee Talk	RWR
	10:15 am	Balance and Breathing	WWC	9:30 am	Writing Club	EV CR
	11:30 am	Fall Prevention Tai Chi	WWC	10:00 am	Tea Towel Tuesday	RW AS
	1:15 pm	B Chi	BEC AC	1:00 pm	Open Studio Time	RW AS
	2:00 pm	Talk and Tread	BEC AC	2:00 pm	Gino Bueno Sings	CAC
				6:30 pm	Rummikub	EV BB
WEDNESDAY, OCTOBER 16	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	10:00 am	Aldi's Shopping	Shuttle
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Lunch at Aunt Netters and Drive	Shuttle
	11:00 am	Weights/Theraband	BEC WC	2:00 pm	AA Meeting	BEC WC
	1:20 pm	Shallow Circuit	BEC AC	6:00 pm	Cyber Fraud with City of Topeka	CAC
	2:00 pm	Talk and Tread	BEC AC	6:30 pm	Mex Train Dominoes	EV BB
THURSDAY, OCTOBER 17 Happy Birthday Robert Hecht Shirley Moses	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	Coffee Talk	RWR
	10:15 am	Balance and Breathing	WWC	10:00 am	Cmty Resource Mtg	EV CR
	12:30 pm	Cardio Splash	BEC AC	1:00 pm	Open Studio	RW AS
	1:15 pm	B Chi	BEC AC	1:00 pm	Rummikub	RW GR
	2:00 pm	Talk and Tread	BEC AC	1:30 pm	Gardens/Grounds Committee	Canceled
				2:00 pm	Sara Tucker Presents	CAC
				3:00 pm	Diversity Committee	Chapel
				6:00 pm	3-13 Card Game	RW GR
FRIDAY, OCTOBER 18 Happy Birthday Wanda Meyer Don Kready (BC)	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	<div style="border: 1px solid black; padding: 5px; background-color: #2e7d32; color: white;"> BAZAAR DEADLINE If you made items for the November 8th Bazaar, please bring them to The Evergreens by today! Volunteers are working to price, tag, and inventory all items. –Thank you! </div>			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 for All	EV BB
				4:00 pm	Happy Hour	EV BB
SATURDAY, OCTOBER 19 Happy Birthday Pat Gideon Linda Miller (BC)	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	2:00 pm	Pickleball	CAC	10:00 am	Genealogy Group	EV CR
				10:00 am	Storywise Chat	MSP
				4:00 pm	Saturday Social	EV BB
SUNDAY, OCTOBER 20 Happy Birthday Debby Hunt Happy Anniversary Stan and Jan Stotts				9:30 am	Morning Devotions	EV BB
				1:00 pm	Worship Service	BHC
				2:30 pm	Vespers	Chapel
				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

Lonely Planet (2024 romantic drama)

At an idyllic writers retreat in Morocco, a newly single novelist finds an unexpected connection with a younger man who's reevaluating his life choices.

(starring Laura Dern and Liam Hemsworth)

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

Moneyball (2011 biographical sports drama)

Billy Beane (Brad Pitt), general manager of the Oakland A's, one day has an epiphany: Baseball's conventional wisdom is all wrong. Faced with a tight budget, Beane must reinvent his team by outsmarting the richer ball clubs. Joining forces with Ivy League graduate Peter Brand (Jonah Hill), Beane prepares to challenge old-school traditions. He recruits bargain-bin players whom the scouts have labeled as flawed, but have game-winning potential. Based on the book by Michael Lewis.