

WELLNESS OPPORTUNITIES — OCTOBER 21—27, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, OCTOBER 21 Happy 100th Birthday Marty Edwards Happy Birthday Pat Finson Ruth Hodges Jane Roth 	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Sit 'n Bee Fit 10:15 am Chair Yoga 11:00 am Mat Yoga 11:00 am Weights/Theraband 11:50 am Shallow Circuit 1:15 pm Cardio Splash 2:00 pm Talk and Tread	BEC WC WWC BEC WC WWC WWC BEC WC BEC AC BEC AC BEC AC	9:00 am Coffee & Chat 9:30 am Quilters Group 10:00 am Cmty Resource Mtg 1:00 pm Card Games 1:00 pm Open Studio Time 1:30 pm Card Games 2:00 pm Fall Foliage Collage with Sam Banks 2:00 pm Grief/Gratitude Group 4:00 pm Social 6:15 pm Cribbage	EV BB RW AS CV RW GR EV AS EV BB RW AS Chapel MSP EV BB		
TUESDAY, OCTOBER 22 Happy Birthday Doris Payne Roberta Schultz	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Balance and Breathing 11:30 am Fall Prevention Tai Chi 1:15 pm B Chi 2:00 pm Talk and Tread	BEC WC WWC WWC WWC BEC AC BEC AC	9:00 am Coffee & Chat 9:30 am Coffee Talk 9:30 am Red Carpet 10:00 am Cmty Resource Mtg 10:30 am 4th Tuesday Book Club 1:00 pm Open Studio Time 1:00 pm Red Carpet 6:30 pm Rummikub	EV BB RWR MSP RW Chapel RW AS BEC EV BB		
WEDNESDAY, OCTOBER 23 Happy Birthday Robin Kash Jan Stotts Sara Tucker Dana Bradbury (BC) Happy Anniversary Robert and Nancy Brooks	8:25 am Low Impact Aerobics 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	BEC WC WWC BEC WC BEC WC BEC AC BEC AC	9:00 am Coffee & Chat 10:00 am Walmart Shopping 1:00 pm Movie & Chat: Inside Out Part 2 2:00 pm AA Meeting 6:30 pm Mex Train Dominoes 6:30 pm Line Dance 7:00 pm Swing Dance	EV BB Shuttle CAC BEC WC EV BB CAC CAC		
THURSDAY, OCTOBER 24 Happy Birthday Corrine Clark	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Balance and Breathing 12:30 pm Cardio Splash 1:15 pm B Chi 2:00 pm Talk and Tread	BEC WC WWC WWC BEC AC BEC AC BEC AC	9:00 am Coffee & Chat 9:30 am Coffee Talk 10:00 am Cmty Resource Mtg 11:00 am Episcopal Service 1:00 pm Open Studio 1:00 pm Rummikub 2:00 pm Cmty Resource Mtg 2:00 pm Blood Pressure Clinic 6:00 pm 3-13 Card Game	EV BB RWR Maple Chapel RW AS RW GR S Terr BEC WC RW GR		
FRIDAY, OCTOBER 25 Happy Birthday Paula Sperry (BC)	10:15 am Chair Yoga	BEC WC	9:00 am Coffee & Chat 9:30 am Quilters Group 10:00 am Shopping at Dillons 1:00 pm Open Studio 1:00 pm BINGO 1:30 pm Rummikub 1:30 pm Play Pool 1:30 pm Games for All 4:00 pm Happy Hour	EV BB RW AS Shuttle EV AS MSP EV BB KAC EV BB EV BB		
SATURDAY, OCTOBER 26	10:15 am Chair Yoga 2:00 pm Pickleball	BEC WC CAC	9:00 am Coffee & Chat 9:30 am EV 2nd Floor Coffee 10:00 am Storywise Chat 4:00 pm Saturday Social	EV BB EV BB MSP EV BB		
SUNDAY, OCTOBER 27 Happy Birthday Shirley Martin Roy Menninger Mitzi Cafer (BC)			9:30 am Morning Devotions 1:00 pm Worship Service 2:30 pm Vespers 6:00 pm Mex Train Dominoes	EV BB BHC Chapel RW GR		

THIS WEEK'S MOVIES on BPTV 1960

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

Love, Weddings & Other Disasters

Diane Keaton, Jeremy Irons, and Maggie Grace lead this warm-hearted romantic comedy that follows a colorful cast of characters searching for love against the backdrop of a wedding.

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

Maestra (2023 documentary)

This behind-the-scenes documentary follows an international group of women orchestra conductors as they prepare for the La Maestra competition in Paris.