

WELLNESS OPPORTUNITIES — OCT 28—NOV 3, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, OCTOBER 28 Happy Anniversary Jack and Rhoda Wisman 	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	Card Games	EV BB
	11:00 am	Weights/Theraband	BEC WC	4:00 pm	Social	MSP
	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			
TUESDAY, OCTOBER 29 Happy Birthday Irma Thomas Vicki Arnett (BC) Frank Natchez (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	1:00 pm	Open Studio Time	RW AS
	11:30 am	Fall Prevention Tai Chi	WWC	6:30 pm	Rummikub	EV BB
	1:15 pm	B Chi	BEC AC			
	2:00 pm	Talk and Tread	BEC AC			
WEDNESDAY, OCTOBER 30 Happy Birthday Maurice Cashman	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	2:00 pm	AA Meeting	BEC WC
	11:00 am	Weights/Theraband	BEC WC	6:30 pm	Mex Train Dominoes	EV BB
	1:20 pm	Shallow Circuit	BEC AC	6:00 pm	Schirmer Singers	CAC
	2:00 pm	Talk and Tread	BEC AC			
THURSDAY, OCTOBER 31  Happy Halloween!	8:25 am	Low Impact Aerobics	Canceled	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	Canceled	9:30 am	Coffee Talk	RWR
	10:15 am	Balance and Breathing	Canceled	11:00 am	Episcopal Service	Chapel
	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	2:00 pm	Birthday Party—Boo!	CAC
				6:00 pm	3-13 Card Game	RW GR
FRIDAY, NOVEMBER 1 Happy Birthday Carol Ann Garrett	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 for All	EV BB
				4:00 pm	Happy Hour	EV BB
SATURDAY, NOVEMBER 2	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
				11:00 am	Saturday Special	MSP
					BINGO	
				4:00 pm	Saturday Social	EV BB
				6:45 pm	Topeka Symphony	Shuttle
SUNDAY, NOVEMBER 3 Happy Birthday Paul Beck Susan Sebring Glenda Sleeper Ann Uhl Deana Jones (BC)				9:30 am	Morning Devotions	EV BB
				1:00 pm	Worship Service	BHC
				2:30 pm	Vespers	Chapel
				4:00 pm	Sunday Supper Club	EV BB
				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
Book Club (2018 comedy)

When four friends select a steamy romance for their long-running book club, it inspires bold changes in their romantic lives. (starring Diane Keaton, Jane Fonda, and Candace Bergen)

THURSDAY at 2:00 pm and SUNDAY at 6:00 pm
Book Club: The Next Chapter (2023 comedy)

Four best friends take their book club to Italy for the fun girls' trip they never had. When things go off the rails, and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. (starring Diane Keaton, Jane Fonda and Candace Bergen)