


# WELLNESS OPPORTUNITIES — DECEMBER 2—8, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, DECEMBER 2</b> <b>Happy Birthday</b> Norma Douglas Richard Watson  <b>Angel Tree Bake Sale</b> <i>Fundraiser by Human Resources</i> <i>benefitting staff Angel Tree</i> 10:30 am—Noon   BEC 1:00—2:30 pm   BEC	8:25 am Low Impact Aerobics Canceled 9:30 am Senior Circuit Canceled 10:15 am Sit 'n Bee Fit Canceled 10:15 am Chair Yoga WWC 11:00 am Mat Yoga WWC 11:00 am Weights/Theraband Canceled 11:50 am Shallow Circuit Canceled 1:15 pm Cardio Splash BEC AC 2:00 pm Talk and Tread BEC AC	9:00 am Coffee & Chat EV BB <b>10:30 am HR Bake Sale until noon BEC</b> <b>1:00 pm HR Bake Sale until 2:30 BEC</b> 1:00 pm Card Games RW GR 1:00 pm Open Studio Time EV AS 1:30 pm Card Games EV BB 4:00 pm Social MSP <b>6:00 pm Deo Gloria Concert Shuttle</b> 6:15 pm Cribbage EV BB				
<b>TUESDAY, DECEMBER 3</b> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <b>Deck the Halls</b>  <b>Holiday Decorating</b>                      9:00 am   Cultural Arts Center                      Join Jamie and Kathy to decorate common spaces on campus. It's a big job and the more hands the merrier. Pizza lunch too!                 </div>	8:25 am Low Impact Aerobics BEC WC 9:30 am Senior Circuit WWC 10:15 am Balance and Breathing WWC 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 <b>Holiday Decorating CAC</b> 9:00 am Coffee & Chat EV BB 9:30 am Coffee Talk RWR <b>9:30 am Writing Club EV CR</b> <b>9:30 am Red Carpet MSP</b> <b>1:00 pm Osher: Nature Wars CAC</b> <b>1:00 pm Red Carpet BEC</b> 1:00 pm Open Studio Time RW AS <b>3:30 pm Choir Practice Chapel</b> 6:30 pm Rummikub EV BB				
<b>WEDNESDAY, DECEMBER 4</b> <b>Happy Birthday</b> Kay Griffith	8:25 am Low Impact Aerobics BEC WC 9:30 am Senior Circuit WWC 10:15 am Sit 'n Bee Fit BEC WC 11:00 am Weights/Theraband BEC WC 1:20 pm Shallow Circuit BEC AC 2:00 pm Talk and Tread BEC AC	<b>8:30 am Fort Riley Tour Shuttle</b> 9:00 am Coffee & Chat EV BB <b>9:30 am Make Holiday Cards RW AS</b> 10:00 am Walmart Shopping Shuttle <b>1:30 pm Therapy Dog AL</b> 2:00 pm AA Meeting BEC WC 6:30 pm Mex Train Dominoes EV BB				
<b>THURSDAY, DECEMBER 5</b> <b>Happy Birthday</b> Mary Mayer Cinnie Wahle	8:25 am Low Impact Aerobics BEC WC 9:30 am Senior Circuit WWC 10:15 am Balance and Breathing WWC 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 <b>9:00 am New Resident Orientation EV Grill</b> 9:30 am Coffee Talk RWR <b>10:00 am Community Chat CAC</b> <b>11:00 am Episcopal Service Chapel</b> <b>1:00 pm Stronger Together Chapel</b> <b>Support Group</b> <b>1:00 pm Christmas Hymn Singers CAC</b> 1:00 pm Open Studio RW AS 1:00 pm Rummikub RW GR <b>6:00 pm Topeka Civic Theatre Shuttle</b>				
<b>FRIDAY, DECEMBER 6</b> <b>Happy Birthday</b> James Bridges (BC) Mary McNabb	10:15 am Chair Yoga BEC WC	9:00 am Coffee & Chat EV BB 10:00 am Shopping at Dillons Shuttle <b>11:00 am Catholic Mass Chapel</b> 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				
<b>SATURDAY, DECEMBER 7</b> <b>Happy Birthday</b> Charlotte Parker Janice Warner (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 <b>10:00 am Genealogy Group EV CR</b> <b>11:00 am BINGO MSP</b> 4:00 pm Saturday Social EV BB				
<b>SUNDAY, DECEMBER 8</b> <b>Happy Birthday</b> Pam Crary		9:30 am Morning Devotions EV BB 1:00 pm Worship Service BHC 2:30 pm Vespers Chapel <b>3:00 pm Washburn Vespers Shuttle</b> 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**  
***Chitty Chitty Bang Bang (1968 classic fantasy)***  
 A hapless inventor finally finds success with a flying car, which a dictator from a foreign government sets out to take for himself. (starring Dick Van Dyke, Sally Ann Howes and Lionel Jeffries)

**THURSDAY at 2:00 pm and SUNDAY at 6:00 pm**  
***The Noel Diary (2022 charming based on a book)***  
 From the director of "Father of the Bride" and "Baby Boom" comes a heartwarming romance of loss and love based on Richard Paul Evans' bestselling novel. (starring Justin Heartley)