

# WELLNESS OPPORTUNITIES — NOVEMBER 18—24, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, NOVEMBER 18</b> 	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	1:00 pm	Card Games	RW GR
	10:15 am	Sit 'n Bee Fit	BEC WC	1:00 pm	Open Studio Time	EV AS
	10:15 am	Chair Yoga	WWC	1:30 pm	Card Games	EV BB
	11:00 am	Mat Yoga	WWC	<b>2:00 pm</b>	<b>Grief/Gratitude Group</b>	<b>Chapel</b>
	11:00 am	Weights/Theraband	BEC WC			
	11:50 am	Shallow Circuit	BEC AC	4:00 pm	Social	MSP
	1:15 pm	Cardio Splash	BEC AC	6:15 pm	Cribbage	EV BB
	2:00 pm	Talk and Tread	BEC AC			
<b>TUESDAY, NOVEMBER 19</b> <b>Happy Birthday</b> Roberta Foth	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	<b>9:30 am</b>	<b>Writing Group</b>	<b>EV CR</b>
	11:30 am	Fall Prevention Tai Chi	WWC	<b>9:30 am</b>	<b>Red Carpet</b>	<b>MSP</b>
	1:15 pm	B Chi	BEC AC	<b>10:00 am</b>	<b>Fraud Alert Talk</b>	<b>CAC</b>
	2:00 pm	Talk and Tread	BEC AC	<b>11:00 am</b>	<b>Tune-Up Tuesday</b>	<b>EV CR</b>
				<b>1:00 pm</b>	<b>Red Carpet</b>	<b>BEC</b>
				<b>1:00 pm</b>	<b>Osher: Nature Wars</b>	<b>CAC</b>
				1:00 pm	Open Studio Time	RW AS
				<b>3:30 pm</b>	<b>Choir Practice</b>	<b>Chapel</b>
				6:30 pm	Rummikub	EV BB
				<b>6:30 pm</b>	<b>Line Dance</b>	<b>CAC</b>
				<b>7:00 pm</b>	<b>Swing Dance</b>	<b>CAC</b>
<b>WEDNESDAY, NOVEMBER 20</b> <b>Happy Birthday</b> Jett Elmer	8:25 am	Low Impact Aerobics	BEC WC	<b>8:15 am</b>	<b>Fort Riley Tour</b>	<b>Shuttle</b>
	9:30 am	Senior Circuit	WWC	9:00 am	Coffee & Chat	EV BB
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Walmart Shopping	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			
<b>THURSDAY, NOVEMBER 21</b> <b>Happy Birthday</b> Susan Anderson Jim Holm Jan Litfin	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	RW AS
	12:30 pm	Cardio Splash	BEC AC	1:00 pm	Rummikub	RW GR
	1:15 pm	B Chi	BEC AC	<b>1:30 pm</b>	<b>Gardens and Ground Committee</b>	<b>Chapel</b>
	2:00 pm	Talk and Tread	BEC AC	<b>2:00 pm</b>	<b>Birthday Party</b>	<b>CAC</b>
				<b>3:00 pm</b>	<b>Diversity/Inclusion Group</b>	<b>Chapel</b>
<b>FRIDAY, NOVEMBER 22</b> <b>Happy Birthday</b> Marie Eubank	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
				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
<b>SATURDAY, NOVEMBER 23</b> <b>Happy Birthday</b> Ellen Brown Nancy Kalthoff <b>Happy Anniversary</b> Bruce and Glenda Bower	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	2:00 pm	Pickleball	CAC	<b>9:30 am</b>	<b>EV 2nd Floor Coffee</b>	<b>EV BB</b>
				10:00 am	Storywise Chat	MSP
				4:00 pm	Saturday Social	EV BB
<b>SUNDAY, NOVEMBER 24</b> <b>Happy Birthday</b> Patricia Watson				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**

***The Best Exotic Marigold Hotel (2012 touching drama)***

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. (starring Judi Dench, Maggie Smith and Bill Nighly)

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

***The Holdovers (2023 comedy/drama)***

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War. (starring Paul Giamatti)