

# WELLNESS OPPORTUNITIES — NOVEMBER 4—10, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, NOVEMBER 4</b> <b>Happy Birthday</b> Dorothy Funk 	8:25 am Low Impact Aerobics BEC WC 9:30 am Senior Circuit WWC 10:15 am Sit 'n Bee Fit BEC WC 10:15 am Chair Yoga WWC 11:00 am Mat Yoga WWC 11:00 am Weights/Theraband BEC WC 11:50 am Shallow Circuit BEC AC 1:15 pm Cardio Splash BEC AC 2:00 pm Talk and Tread BEC AC	9:00 am Coffee & Chat EV BB 1:00 pm Card Games RW GR 1:00 pm Open Studio Time EV AS 1:30 pm Card Games EV BB <b>2:30 PM Refresh, Renew and Right-Size Demo EV 313</b> 4:00 pm Social MSP 6:15 pm Cribbage EV BB				
<b>TUESDAY, NOVEMBER 5</b> <b>Happy Birthday</b> Judy Bromich (BC) Annie Elder (BC) 	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 Coffee & Chat EV BB <b>9:30 am Red Carpet MSP</b> <b>9:30 am Writing Club EV CR</b> 9:30 am Coffee Talk RWR 1:00 pm Open Studio Time RW AS <b>2:00 pm Restrooms Around the World with Thaine Hoffman Chapel</b> <b>3:30 pm Choir Practice Chapel</b> 6:30 pm Rummikub EV BB				
<b>WEDNESDAY, NOVEMBER 6</b> <b>Happy Anniversary</b> Fred and Sally Gilliland	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	9:00 am Coffee & Chat EV BB 10:00 am Walmart Shopping Shuttle <b>1:00 pm Therapy Dog Visit AL 1st</b> 2:00 pm AA Meeting BEC WC 6:30 pm Mex Train Dominoes EV BB				
<b>THURSDAY, NOVEMBER 7</b> <b>Happy Birthday</b> David Rake Judy Bray (BC) Martin Donaldson (BC) Marcia Jones (BC)	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 9:30 am Coffee Talk RWR <b>1:00 pm Stronger Together Support Group Chapel</b> 1:00 pm Open Studio RW AS 1:00 pm Rummikub RW GR <b>6:00 pm Topeka Civic Theatre Shuttle</b> <b>6:00 pm 3-13 Card Game RW GR</b>				
<b>FRIDAY, NOVEMBER 8</b> <b>Happy Birthday</b> Jane Cafer Marcia Cassidy Julie Reeves	10:15 am Chair Yoga BEC WC 	<b>9:00 am Brewster Bazaar CAC</b> 9:00 am Coffee & Chat EV BB 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				
<b>SATURDAY, NOVEMBER 9</b> <b>Happy Birthday</b> Joyce Knott (BC) Terry Wiechman (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 4:00 pm Saturday Social EV BB				
<b>SUNDAY, NOVEMBER 10</b> <b>Happy Birthday</b> Ginger Cain Davis Alice Eberhart-Wright Deborah Gassert (BC) Debbie Irwin (BC)		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**

*Fall Into Winter (2023 charming romance)*

When a woman's high school crush unexpectedly invests in her family's candy business, she's none too happy about working with him. But will that change?  
(starring Lori Loughlin and James Tupper)

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

*Love Punch (2014 charming romance)*

Set in the French Riviera, The Love Punch brings together Pierce Brosnan and Emma Thompson in a feel good romantic comedy about an estranged couple who, after having their pension stolen by a crooked businessman, must reunite to steal it back.