WELLNESS OPPORTUNITIEŞ — DECEMBER 16—22, 2024

DATE		EDOLCE OLACCE	· e			
DATE	EX	ERCISE CLASSE	5	GROU	IPS, GAMES, EV	
MONDAY, DECEMBER 16	8:25 am	Low Impact Aerobics		9:00 am	Coffee & Chat	EV BB
Happy Birthday Bart Ramsey	9:30 am 10:15 am	Senior Circuit Sit 'n Bee Fit	Canceled Canceled	1:00 pm 1:00 pm	Card Games Open Studio Time	RW GR EV AS
Carla Stone	10:15 am	Chair Yoga	WWC	1:30 pm	Card Games	EV AS EV BB
Ainka Kweli (BC)	11:00 am	Mat Yoga	WWC	2:00 pm	Grief/Gratitude	Chapel
	11:00 am	Weights/Theraband	Canceled		Group	опаро.
	11:50 am	Shallow Circuit	Canceled	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			
TUESDAY, DECEMBER 17	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
Happy Anniversary	9:30 am	Senior Circuit	WWC	9:30 am	Coffee Talk	RWR
Ford and Catherine Ross	10:15 am	Balance and Breathing	WWC	9:30 am	Writing Group	EV CR
	11:30 am	Fall Prevention Tai Chi	WWC	9:30 am	Red Carpet	MSP
	1:15 pm	B Chi	BEC AC	10:00 am	Biannual Memorial	Chapel
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Service Red Carpet	BEC
				1:00 pm 1:00 pm	Open Studio Time	RW AS
				2:00 pm	Love and Harmony	CAC
					Singers	C. 1. C
				6:30 pm	Rummikub	EV BB
WEDNESDAY, DECEMBER 18	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Intergenerational	CAC
Happy Birthday	9:30 am	Senior Circuit	WWC		Activity	
Sara Sutherland (BC)	10:15 am	Sit 'n Bee Fit	BEC WC	9:00 am	Coffee & Chat	EV BB
	11:00 am	Weights/Theraband	BEC WC	10:00 am	Walmart Shopping	Shuttle
	1:20 pm	Shallow Circuit	BEC AC	1:00 pm	Christmas Stories and	Chapel
	2:00 pm	Talk and Tread	BEC AC	2,00 pm	Songs	DEC MC
				2:00 pm 4:00 pm	AA Meeting Dinner Out and	BEC WC Shuttle
				4.00 piii	Christmas Lights	Siluttic
				6:30 pm	Mex Train Dominoes	EV BB
THURSDAY, DECEMBER 19	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
Happy Birthday	9:30 am	Senior Circuit	WWC	9:30 am	Coffee Talk	RWR
Beverly Robards	10:15 am	Balance and Breathing	WWC	10:15 am	McEachron	CAC
Roseanna Sterbenz	12:30 pm	Cardio Splash	BEC AC		Elementary Singers	
	1:15 pm	B Chi	BEC AC	11:00 am	Episcopal Service	Chapel
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Open Studio	RW AS
				1:00 pm	Rummikub	RW GR
				1:00 pm 3:00 pm	Hallmark Movie Diversity and	CAC Chapel
				3.00 piii	Inclusion Group	Chaper
FRIDAY, DECEMBER 20						
,	10·15 am	Chair Voga	BEC WC	9·00 am	Coffee & Chat	F\/ RR
Hanny Birthday	10:15 am	Chair Yoga	BEC WC	9:00 am 10:00 am	Coffee & Chat Shopping at Dillons	EV BB Shuttle
Happy Birthday John Salisbury					Coffee & Chat Shopping at Dillons BINGO	
	Come	e Have a Blue Christ	mas	10:00 am	Shopping at Dillons	Shuttle
John Salisbury	Come		mas	10:00 am 1:00 pm 1:30 pm 1:30 pm	Shopping at Dillons BINGO Rummikub Play Pool	Shuttle MSP EV BB KAC
John Salisbury	Come	e Have a Blue Christ Gay Goodbye to Chris Ga	mas	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm	Shopping at Dillons BINGO Rummikub Play Pool Games for All	Shuttle MSP EV BB KAC EV BB
John Salisbury	Come	Have a Blue Christ ay Goodbye to Chris Ga 10:00—11:00 am	mas	10:00 am 1:00 pm 1:30 pm 1:30 pm	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano	Shuttle MSP EV BB KAC
John Salisbury	Come	Have a Blue Christ ay Goodbye to Chris Ga 10:00—11:00 am	mas	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 3:00 pm	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano Program	Shuttle MSP EV BB KAC EV BB
John Salisbury Judy Soule (BC)	Come As We S	Have a Blue Christ Fay Goodbye to Chris Ga 10:00—11:00 am Cultural Arts Center	mas Ilagher	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 3:00 pm	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano Program Happy Hour	Shuttle MSP EV BB KAC EV BB CAC
John Salisbury Judy Soule (BC) SATURDAY, DECEMBER 21	Come As We S	Have a Blue Christ Gay Goodbye to Chris Ga 10:00—11:00 am Cultural Arts Center Chair Yoga	mas Ilagher	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 3:00 pm 4:00 pm	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano Program Happy Hour Coffee & Chat	Shuttle MSP EV BB KAC EV BB CAC
John Salisbury Judy Soule (BC)	Come As We S	Have a Blue Christ Fay Goodbye to Chris Ga 10:00—11:00 am Cultural Arts Center	mas Ilagher	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 3:00 pm	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano Program Happy Hour	Shuttle MSP EV BB KAC EV BB CAC
John Salisbury Judy Soule (BC) SATURDAY, DECEMBER 21 Happy Anniversary	Come As We S	Have a Blue Christ Gay Goodbye to Chris Ga 10:00—11:00 am Cultural Arts Center Chair Yoga	mas Ilagher	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 3:00 pm 4:00 pm 9:00 am 10:00 am	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano Program Happy Hour Coffee & Chat Genealogy Group	Shuttle MSP EV BB KAC EV BB CAC
John Salisbury Judy Soule (BC) SATURDAY, DECEMBER 21 Happy Anniversary Dave and Roseanna Sterbenz	Come As We S	Have a Blue Christ Gay Goodbye to Chris Ga 10:00—11:00 am Cultural Arts Center Chair Yoga	mas Ilagher	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 3:00 pm 4:00 pm 9:00 am 10:00 am	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano Program Happy Hour Coffee & Chat Genealogy Group Storywise Chat Saturday Social	Shuttle MSP EV BB KAC EV BB CAC EV BB EV CR MSP EV BB
John Salisbury Judy Soule (BC) SATURDAY, DECEMBER 21 Happy Anniversary Dave and Roseanna Sterbenz	Come As We S	Have a Blue Christ Gay Goodbye to Chris Ga 10:00—11:00 am Cultural Arts Center Chair Yoga	mas Ilagher	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 3:00 pm 4:00 pm 9:00 am 10:00 am 4:00 pm	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano Program Happy Hour Coffee & Chat Genealogy Group Storywise Chat	Shuttle MSP EV BB KAC EV BB CAC EV BB EV CR MSP
John Salisbury Judy Soule (BC) SATURDAY, DECEMBER 21 Happy Anniversary Dave and Roseanna Sterbenz SUNDAY, DECEMBER 22 Happy Birthday Kathleen Douglas	Come As We S	Have a Blue Christ Gay Goodbye to Chris Ga 10:00—11:00 am Cultural Arts Center Chair Yoga	mas Ilagher	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 3:00 pm 4:00 pm 9:00 am 10:00 am 4:00 pm 9:30 am	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano Program Happy Hour Coffee & Chat Genealogy Group Storywise Chat Saturday Social Morning Devotions	Shuttle MSP EV BB KAC EV BB CAC EV BB EV CR MSP EV BB EV BB
John Salisbury Judy Soule (BC) SATURDAY, DECEMBER 21 Happy Anniversary Dave and Roseanna Sterbenz SUNDAY, DECEMBER 22 Happy Birthday Kathleen Douglas Catherine Ross	Come As We S	Have a Blue Christ Gay Goodbye to Chris Ga 10:00—11:00 am Cultural Arts Center Chair Yoga	mas Ilagher	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 3:00 pm 4:00 pm 9:00 am 10:00 am 4:00 pm 9:30 am 1:00 pm	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano Program Happy Hour Coffee & Chat Genealogy Group Storywise Chat Saturday Social Morning Devotions Worship Service	Shuttle MSP EV BB KAC EV BB CAC EV BB EV CR MSP EV BB EV BB EV BB BHC
John Salisbury Judy Soule (BC) SATURDAY, DECEMBER 21 Happy Anniversary Dave and Roseanna Sterbenz SUNDAY, DECEMBER 22 Happy Birthday Kathleen Douglas	Come As We S	Have a Blue Christ Gay Goodbye to Chris Ga 10:00—11:00 am Cultural Arts Center Chair Yoga	mas Ilagher	10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 3:00 pm 4:00 pm 9:00 am 10:00 am 4:00 pm 9:30 am 1:00 pm 2:30 pm	Shopping at Dillons BINGO Rummikub Play Pool Games for All Packard Piano Program Happy Hour Coffee & Chat Genealogy Group Storywise Chat Saturday Social Morning Devotions Worship Service Vespers	Shuttle MSP EV BB KAC EV BB CAC EV BB EV CR MSP EV BB EV BB EV BB EV BB

THIS WEEK'S MOVIES on BPTV 1960

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

The Man Who Invented Christmas (2017 drama)

The story of the journey that led Charles Dickens to create 'A Christmas Carol,' the timeless tale that would redefine Christmas.

THURSDAY at 2:00 pm and SUNDAY at 6:00 pm Feast of the Seven Fishes (2018 romantic comedy)

Aspiring artist Tony's blossoming crush on Ivy Leaguer Beth gets

put to the test when she joins his boisterous Italian American family's holiday meal.