



WELLNESS OPPORTUNITIES — DECEMBER 16—22, 2024

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, DECEMBER 16 Happy Birthday Bart Ramsey Carla Stone Ainka Kweli (BC)	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 1:00 pm Card Games RW GR 1:00 pm Open Studio Time EV AS 1:30 pm Card Games EV BB 2:00 pm Grief/Gratitude Group Chapel 4:00 pm Social MSP 6:15 pm Cribbage EV BB				
TUESDAY, DECEMBER 17 Happy Anniversary Ford and Catherine Ross 	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 9:30 am Coffee Talk RWR 9:30 am Writing Group EV CR 9:30 am Red Carpet MSP 10:00 am Biannual Memorial Service Chapel 1:00 pm Red Carpet BEC 1:00 pm Open Studio Time RW AS 2:00 pm Love and Harmony Singers CAC 6:30 pm Rummikub EV BB				
WEDNESDAY, DECEMBER 18 Happy Birthday Sara Sutherland (BC)	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 Intergenerational Activity CAC 9:00 am Coffee & Chat EV BB 10:00 am Walmart Shopping Shuttle 1:00 pm Christmas Stories and Songs Chapel 2:00 pm AA Meeting BEC WC 4:00 pm Dinner Out and Christmas Lights Shuttle 6:30 pm Mex Train Dominoes EV BB				
THURSDAY, DECEMBER 19 Happy Birthday Beverly Robards Roseanna Sterbenz	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 10:15 am McEachron Elementary Singers CAC 11:00 am Episcopal Service Chapel 1:00 pm Open Studio RW AS 1:00 pm Rummikub RW GR 1:00 pm Hallmark Movie CAC 3:00 pm Diversity and Inclusion Group Chapel				
FRIDAY, DECEMBER 20 Happy Birthday John Salisbury Judy Soule (BC)	10:15 am Chair Yoga BEC WC <div style="border: 1px solid black; padding: 5px; text-align: center;"> Come Have a Blue Christmas As We Say Goodbye to Chris Gallagher 10:00—11:00 am Cultural Arts Center </div> 	9:00 am Coffee & Chat EV BB 10:00 am Shopping at Dillons Shuttle 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 3:00 pm Packard Piano Program CAC 4:00 pm Happy Hour EV BB				
SATURDAY, DECEMBER 21 Happy Anniversary Dave and Roseanna Sterbenz	10:15 am Chair Yoga BEC WC 2:00 pm Pickleball CAC	9:00 am Coffee & Chat EV BB 10:00 am Genealogy Group EV CR 10:00 am Storywise Chat MSP 4:00 pm Saturday Social EV BB				
SUNDAY, DECEMBER 22 Happy Birthday Kathleen Douglas Catherine Ross Donna Scoggin Linda McAndrew (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

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.