



# WELLNESS OPPORTUNITIES — FEBRUARY 3—9, 2025

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, FEBRUARY 3</b>  <b>Happy Birthday</b> Mary Cochran Connie Robb Mike Schoenfeld Robin Halgren (BC)	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 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>4:00 pm Social MSP</b> 6:15 pm Cribbage EV BB				
<b>TUESDAY, FEBRUARY 4</b>  <b>Happy Birthday</b> Ann Campbell Jay Gideon	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  <p style="text-align: right;"><b>New day! ➡</b></p>	9:00 am Coffee & Chat EV BB <b>9:30 am Writing Club EV CR</b> 9:30 am Coffee Talk RWR <b>10:00 am Card Making EV AS</b> <b>1:00 pm Osher: The Life of Leonard Bernstein CAC</b>  <b>2:00 pm Let's Paint RW AS</b> <b>6:00 pm Mex Train Dominoes RW GR</b> 6:30 pm Rummikub EV BB				
<b>WEDNESDAY, FEBRUARY 5</b>  	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 1:10 pm Shallow Circuit BEC AC 2:00 pm Talk and Tread BEC AC  <p style="text-align: right;"><b>New day! ➡</b></p>	<b>8:30 am Trip to Eisenhower Museum Shuttle</b> 9:00 am Coffee & Chat EV BB 10:00 am Aldi's Shopping Shuttle <b>10:00 am Knitting and Crocheting RW AS</b>  <b>1:30 pm Therapy Dog Visit AL 1st</b> 2:00 pm AA Meeting BEC WC <b>6:30 pm Mex Train Dominoes EV BB</b>				
<b>THURSDAY, FEBRUARY 6</b>	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 Brewster Chat CAC</b> <b>1:00 pm Stronger Together Support Group Chapel</b>  1:00 pm Rummikub RW GR <b>2:00 pm Birthday Party CAC</b> <b>6:00 pm Topeka Civic Theatre Shuttle</b>				
<b>FRIDAY, FEBRUARY 7</b>  <b>Happy Birthday</b> Betty Cleland Julian Efir	10:15 am Chair Yoga BEC WC  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Super Bowl Lunch at The Market</b>                          Sponsored by the Gratitude Crew   <b>Lunch Menu (Dutch treat)</b>                          Burgers and Dogs, Baked Beans, Potato Salad    <b>Cookies and Prizes</b>                          Provided by the Gratitude Crew                     </div>	9:00 am Coffee & Chat EV BB 10:00 am Shopping at Dillons Shuttle <b>10:00 am Bazaar Making Event RW AS</b> <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, FEBRUARY 8</b>  <b>Happy Birthday</b> Ann Borel	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>11:00 am Special BINGO MSP</b> 4:00 pm Saturday Social EV BB				
<b>SUNDAY, FEBRUARY 9</b>  <b>Happy Birthday</b> Joan Farmer Laura Siebert	 <b>Super Bowl</b> KC Chiefs vs Philadelphia Eagles 5:30 pm   Fox (Channel 6)	9:30 am Morning Devotions EV BB 1:00 pm Worship Service BHC 2:30 pm Vespers Chapel				

## THIS WEEK'S MOVIES on BPTV 1960

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

*You Hurt My Feelings (2023 witty drama)*

An author begins to question her happy marriage and successful career after overhearing her husband's candid reaction to her latest book. (starring Julia Louis-Dreyfus and Tobias Menzies)

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

*Unstoppable (2024 sports drama based on real life)*

Unstoppable is the inspiring true story of Anthony Robles (Jharrel Jerome) who was born with one leg but whose indomitable spirit and unbreakable resolve empowered him to defy the odds and pursue his dreams.