


WELLNESS OPPORTUNITIES — JANUARY 13—19, 2025

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, JANUARY 13 Happy Birthday Jackie Petersen 	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	1:30 pm	Food Committee	MSP
	11:00 am	Weights/Theraband	BEC WC	2:00 pm	Mindfulness	Chapel
	11:50 am	Shallow Circuit	BEC AC		Meditation	
	1:15 pm	Cardio Splash	BEC AC	4:00 pm	Social	MSP
	2:00 pm	Talk and Tread	BEC AC	6:15 pm	Cribbage	EV BB
TUESDAY, JANUARY 14 Happy Birthday Harold Bragdon Mary Lou Kiene	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	Red Carpet	MSP
	10:15 am	Balance and Breathing	WWC	9:30 am	Coffee Talk	RWR
	11:30 am	Fall Prevention Tai Chi	WWC	10:00 am	Caregiver's Support Group	Chapel
	1:15 pm	B Chi	BEC AC			
	2:00 pm	Talk and Tread	BEC AC	10:15 am	Resident Marketing Committee	EV CR
				1:00 pm	Red Carpet	BEC
				1:00 pm	Show & Share	RW AS
				2:00 pm	Singer Aaron Shoemaker	CAC
				6:30 pm	Rummikub	EV BB
WEDNESDAY, JANUARY 15 Happy Birthday Phil Farmer Joan Kerchner Jeanne Tucker	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	10:00 am	Walmart Shopping	Shuttle
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Quilting: Block of the Month	RW AS
	11:00 am	Weights/Theraband	BEC WC			
	1:20 pm	Shallow Circuit	BEC AC	10:30 am	Winter Fun on Wanamaker	Shuttle
	2:00 pm	Talk and Tread	BEC AC	2:00 pm	AA Meeting	BEC WC
				6:00 pm	Schirmer Singers	CAC
THURSDAY, JANUARY 16 Happy Birthday Maggie Killinger	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	10:00 am	Papermaking	EV AS
	12:30 pm	Cardio Splash	BEC AC	1:00 pm	Open Studio	RW AS
	1:15 pm	B Chi	BEC AC	1:00 pm	Rummikub	RW GR
	2:00 pm	Talk and Tread	BEC AC	2:00 pm	Let's Paint	EV AS
				2:00 pm	Thaine Hoffman: Antarctica	CAC
				3:00 pm	Diversity and Inclusion Group	Chapel
				6:30 pm	Mex Train Dominoes	EV BB
FRIDAY, JANUARY 17 Happy Birthday Marilyn Bangs (BC)	10:15 am	Chair Yoga	BEC WC	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
				4:00 pm	Happy Hour	EV BB
SATURDAY, JANUARY 18 Happy Birthday Susan Hsia Marilyn Downes (BC)	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	2:00 pm	Pickleball	CAC	10:00 am	Genealogy Group	EV CR
				10:00 am	Storywise Chat	MSP
				4:00 pm	Saturday Social	EV BB
SUNDAY, JANUARY 19 Happy Birthday Max Kennedy Meredith Moore (BC) Happy Anniversary Larry and Beverly Beam				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

Awakenings (1990 inspirational)

In 1969, a doctor tests an experimental drug on a man in an unresponsive state — who awakens after 30 years and must come to grips with life as an adult. (starring Robin Williams and Robert De Niro)

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

80 for Brady (2023 comedy)

"The world needs movies like this," said Time of this football-focused friendship comedy starring Lily Tomlin, Jane Fonda, Rita Moreno and Sally Field.