

# WELLNESS OPPORTUNITIES — JANUARY 20—26, 2025

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, JANUARY 20</b> <b>Happy Birthday</b> Carol Bonebrake Ernie Douglas Mary Kasten Charlotte Marriott Christine Huntsman (BC) <b>Inauguration Day</b> <hr/> <b>Martin Luther King, Jr. Day</b> <i>"If I cannot do great things,                      I can do small things in a great way."                      -Martin Luther King, Jr.</i>	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	Weights/Theraband	BEC WC	<b>2:00 pm</b>	<b>Grief/Gratitude Group</b>	<b>Chapel</b>
	11:50 am	Shallow Circuit	BEC AC	<b>4:00 pm</b>	<b>Social</b>	<b>MSP</b>
	1:15 pm	Cardio Splash	BEC AC	6:15 pm	Cribbage	EV BB
	2:00 pm	Talk and Tread	BEC AC			
				<b>NCAA Div I Football</b> <b>Ohio State vs Notre Dame</b> <b>6:30 pm on ESPN</b>		
<b>TUESDAY, JANUARY 21</b> <b>Happy Birthday</b> Anita Wolgast	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	<b>9:30 am</b>	<b>Writing Club</b>	<b>EV CR</b>
	10:15 am	Balance and Breathing	WWC	9:30 am	Coffee Talk	RWR
	11:30 am	Fall Prevention Tai Chi	WWC	<b>9:30 am</b>	<b>Valentine Card Coloring</b>	<b>RW AS</b>
	1:15 pm	B Chi	BEC AC	<b>2:00 pm</b>	<b>Sara Tucker Presents: Eleanor Roosevelt</b>	<b>CAC</b>
	2:00 pm	Talk and Tread	BEC AC			
			6:30 pm	Rummikub	EV BB	
<b>WEDNESDAY, JANUARY 22</b> <b>Happy Birthday</b> Mona Gambone (BC)	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	<b>9:30 am</b>	<b>New Theatre in KC</b>	<b>Shuttle</b>
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Aldi's Shopping	Shuttle
	11:00 am	Weights/Theraband	BEC WC	<b>10:00 am</b>	<b>Let's Paint</b>	<b>RW AS</b>
	1:20 pm	Shallow Circuit	BEC AC	2:00 pm	AA Meeting	BEC WC
	2:00 pm	Talk and Tread	BEC AC			
<b>THURSDAY, JANUARY 23</b> <b>Happy Birthday</b> Mike Braum Sharon Efird David Davis (BC)	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	<b>10:00 am</b>	<b>Alpaca, Llama, Sheep, Oh My!</b>	<b>RW AS</b>
	12:30 pm	Cardio Splash	BEC AC	<b>11:00 am</b>	<b>Episcopal Service</b>	<b>Chapel</b>
	1:15 pm	B Chi	BEC AC	1:00 pm	Open Studio	RW AS
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Rummikub	RW GR
				<b>2:00 pm</b>	<b>Birthday Party</b>	<b>CAC</b>
				<b>2:00 pm</b>	<b>Blood Pressure Clinic</b>	<b>BEC</b>
			<b>2:00 pm</b>	<b>Bazaar Discussion Items</b>	<b>RW AS</b>	
			6:30 pm	Mex Train Dominoes	EV BB	
<b>FRIDAY, JANUARY 24</b> <b>Happy Birthday</b> Hank Slotnick	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	
<b>SATURDAY, JANUARY 25</b>	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	2:00 pm	Pickleball	CAC	<b>9:30 am</b>	<b>EV 2nd Floor Coffee</b>	<b>EV BB</b>
				10:00 am	Storywise Chat	MSP
				4:00 pm	Saturday Social	EV BB
<b>SUNDAY, JANUARY 26</b>				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**

**Widow Clicquot (2024 period drama based on real life)**

With her marriage cut short, Barbe-Nicole Ponsardin takes the helm of a winery, transforming from a young widow to the "Grande Dame of Champagne." (starring Haley Bennett and Tom Sturridge)

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

**A Little White Lie (2023 comedy based on a book)**

Mistaken for a famous reclusive author with the same last name, a hapless man travels to a literary festival to give the keynote address. (starring Michael Shannon, Kate Hudson and Don Johnson)