

WELLNESS OPPORTUNITIES — JAN 27—FEB 2, 2025

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, JANUARY 27 Happy Birthday Naomi Cashman Happy Anniversary Jan and Toni Lippincott	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	2:00 pm	Mindfulness Meditation	Chapel
	11:50 am	Shallow Circuit	BEC AC	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, JANUARY 28 Happy Birthday Nancy Brooks Glenn Wehking Jasu Lakhani (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	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	Tea Towel Tuesday	RW AS
	1:15 pm	B Chi	BEC AC	10:30 am	4th Tuesday Book Club	Chapel
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Red Carpet	BEC
				1:00 pm	Osher: The Life of Leonard Bernstein	CAC
				6:30 pm	Rummikub	EV BB
 New Osher Class Begins! Brewster residents and BrewsterConnect members attend for FREE! Join us!						
WEDNESDAY, JANUARY 29 Happy Birthday Diane Glynn (BC) Doreen Shea (BC)	8:25 am	Low Impact Aerobics	BEC WC	8:30 am	Day Out in KC	Shuttle
	9:30 am	Senior Circuit	WWC	9:00 am	Coffee & Chat	EV BB
	10:15 am	Sit 'n Bee Fit	BEC WC	9:30 am	Color Valentines	RW AS
	11:00 am	Weights/Theraband	BEC WC	10:00 am	Walmart Shopping	Shuttle
	1:10 pm	Shallow Circuit	BEC AC	2:00 pm	AA Meeting	BEC WC
	2:00 pm	Talk and Tread	BEC AC	3:00 pm	Woodshop Meeting	BEC WS
THURSDAY, JANUARY 30 Happy Birthday Ann Fincham (BC) Elanor Long (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	9:30 am	Bazaar Workshop: Ornament Making	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	6:30 pm	Mex Train Dominoes	EV BB
FRIDAY, JANUARY 31 Happy Birthday Janet Ramser Delia Strasser	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, FEBRUARY 1	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, FEBRUARY 2 Happy Birthday Rosemary Menninger				9:30 am	Morning Devotions	EV BB
				1:00 pm	Worship Service	BHC
				2:30 pm	Vespers	Chapel
				4:00 pm	Sunday Supper Club	EV BB
				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 Storied Life of A.J. Fikry (2022 quirky romance)

Based on the best-selling novel by Gabrielle Zevin, A.J. Fikry has a second chance to find happiness after an unexpected visitor arrives at his bookstore. (starring Kunal Nayyar and Lucy Hale)

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

Maria (2024 drama based on real life)

Showstopping. Mesmerizing. Uncompromising. Oscar winner Angelina Jolie stars as opera legend Maria Callas in this moving drama of the diva's final days.

LOCATION ABBREVIATIONS KEY

BHC — Brewster Health Center
 BEC — Brewster Events Center
 BEC AC — Brewster Events Aquatic Center (main level)
 BEC WC — Brewster Events Wellness Center (lower level)
 BPTV 1960 — Tune your TV to channel 1960
 CAC — Cultural Arts Center (BEC main level)
 Chapel — Located at Main Street (ground floor)

EV AS — Evergreens Art Studio (main level)
 EV BB — Evergreens Brewster Bean (main level)
 EV CR — Evergreens Community Room (main level)
 MSP — Main Street Pavilion (Redwood South lower level)
 RW AS — Redwood Art Studio (main level)
 RW GR — Redwood Game Room (main level)
 Shuttle — Bus will pick you up from EV and RW Lobbies