

# WELLNESS OPPORTUNITIES — JANUARY 6—12, 2025

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, JANUARY 6</b> <b>Happy Birthday</b> Pattie Jones Robert Kellerman <div style="text-align: center; margin-top: 20px;"> </div>	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 Mat 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, JANUARY 7</b>	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 <b>9:30 am Writing Club EV CR</b> 9:30 am Coffee Talk RWR <b>2:00 pm Story of the Beecher Bibles CAC</b> <b>2:00 pm Let's Paint RW AS</b> 6:30 pm Rummikub EV BB				
<b>WEDNESDAY, JANUARY 8</b> <b>Happy Birthday</b> Cheryl Walters (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	<b>8:30 am Trip to Eisenhower Museum in Abilene Shuttle</b> 9:00 am Coffee & Chat EV BB 10:00 am Aldi's Shopping Shuttle <b>10:00 am Valentine Card Coloring EV AS</b> 2:00 pm AA Meeting BEC WC				
<b>THURSDAY, JANUARY 9</b> <b>Happy Birthday</b> Irene Lambotte (BC)	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 <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <b>Photo Session for CATIE Web Community Directory</b>                          1:00—3:00 pm                          Winchell Wellness Center                     </div>	9:00 am Coffee & Chat EV BB 9:30 am Coffee Talk RWR <b>10:00 am Resident Council Meeting CAC</b> 1:00 pm Open Studio RW AS 1:00 pm Rummikub RW GR <b>1:00 pm Photo Session WWC</b> <b>2:00 pm Blood Pressure Clinic WWC</b> <b>3:00 pm Spiritual Chapel</b> 6:30 pm Mex Train Dominoes EV BB				
<b>FRIDAY, JANUARY 10</b> <b>Happy Birthday</b> Les Carlson	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 11</b> <b>Happy Anniversary</b> Jeff and Loretta Hurst	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 4:00 pm Saturday Social EV BB				
<b>SUNDAY, JANUARY 12</b> <b>Happy Birthday</b> Don Schaeffer Eva Kennedy (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 Six Triple Eight (2024 military based on real life)***  
 During WW II, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission in Tyler Perry's drama based on a true story. (starring Kerry Washington)

**THURSDAY at 2:00 pm and SUNDAY at 6:00 pm**  
***How Do You Know (2010 romantic comedy)***  
 Feeling spurned after being cut from the national team, newly single softball player Lisa finds herself in a heated love triangle. (starring Reese Witherspoon and Paul Rudd)