




# WELLNESS OPPORTUNITIES — FEBRUARY 10—16, 2025

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, FEBRUARY 10</b> <b>Happy Birthday</b> Van Crary  <b>Movies on BPTV 1960</b> We will now show the Tuesday and Thursday movies at 7:00 pm on those days as well. Please see the schedule at the bottom of this sheet.	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>1:30 pm Food Committee MSP</b> <b>2:00 pm Mindfulness Chapel</b> <b>Meditation</b> <b>4:00 pm Social MSP</b> 6:15 pm Cribbage EV BB				
<b>TUESDAY, FEBRUARY 11</b> <b>Happy 102nd Birthday!</b> Marie Culver <b>Happy Birthday</b> Rose Fritz	8:25 am Low Impact Aerobics Canceled 9:30 am Senior Circuit Canceled 10:15 am Balance and Breathing Canceled 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 Red Carpet MSP</b> <b>10:00 am Caregiver's Support Chapel</b> <b>Group</b> <b>10:00 am Papermaking EV AS</b> <b>10:15 am Resident Marketing EV CR</b> <b>Committee</b> <b>1:00 pm Osher: The Life of CAC</b> <b>Leonard Bernstein</b> <b>1:00 pm Red Carpet BEC</b> 6:00 pm Mex Train Dominoes RW GR 6:30 pm Rummikub EV BB				
<b>WEDNESDAY, FEBRUARY 12</b> <b>Happy Birthday</b> Eddie Fowler Judy McGinness	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	9:00 am Coffee & Chat EV BB <b>9:30 am Cheap and Cheerful Shuttle</b> <b>Shopping</b> 10:00 am Walmart Shopping Shuttle <b>10:00 am Show and Share EV CR</b> 2:00 pm AA Meeting BEC WC 6:30 pm Mex Train Dominoes EV BB				
<b>THURSDAY, FEBRUARY 13</b> <b>Happy Birthday</b> Gayle Anderson	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>10:00 am Block of the Month RW AS</b> <b>11:30 am Pre Valentine's Day CAC</b> <b>Potato Bar Party \$5 each</b> 1:00 pm Rummikub RW GR <b>1:00 pm Open Studio RW AS</b> <b>3:00 pm CATIE Web Chapel</b> <b>Informational</b> <b>Meeting</b> <b>6:00 pm 313 Game Group RW GR</b>				
<b>FRIDAY, FEBRUARY 14</b> 	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, FEBRUARY 15</b> <b>Happy Birthday</b> David Lundry	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>10:00 am Genealogy Group EV CR</b> 4:00 pm Saturday Social EV BB <b>6:45 pm Topeka Symphony Shuttle</b> <b>Orchestra</b>				
<b>SUNDAY, FEBRUARY 16</b> <b>Happy Birthday</b> Phil Baker Thomas Kennedy (BC)	 <b>Added Movie Showtimes!</b> Tuesday at 7:00 pm <i>and</i> Thursday at 7:00 pm. <i>See below!</i>	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 7:00 pm; SATURDAY at 3:00 pm**  
*You Hurt My Feelings (2023 witty drama)*  
 We were unable to show this movie last week, so we will show it this week. Enjoy!  
 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 7:00 pm;**  
**SUNDAY at 6:00 pm**  
*Two Weeks Notice (2002 romantic comedy)*  
 A do-gooder lawyer finally gets fed up with her charming but selfish boss and gives notice — but then their feelings for each other begin to change. (starring Sandra Bullock and Hugh Grant)