


WELLNESS OPPORTUNITIES — FEBRUARY 24—MARCH 2, 2025

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, FEBRUARY 24 Happy Birthday Phyllis Allen  Let's celebrate warmer temperatures this week!	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Sit 'n Bee Fit 10:15 am Chair Yoga 11:00 am Weights/Theraband 11:50 am Shallow Circuit 1:15 pm Cardio Splash 2:00 pm Talk and Tread	BEC WC WWC BEC WC WWC BEC WC BEC AC BEC AC BEC AC	9:00 am Coffee & Chat 1:00 pm Card Games 1:00 pm Open Studio Time 1:30 pm Card Games 2:00 pm Mindfulness Meditation 4:00 pm Social 6:15 pm Cribbage	EV BB RW GR EV AS EVBB Chapel MSP EV BB		
TUESDAY, FEBRUARY 25 Happy Birthday Jerry Hazlett	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Balance and Breathing 11:30 am Fall Prevention Tai Chi 1:15 pm B Chi 2:00 pm Talk and Tread	BEC WC WWC WWC WWC BEC AC BEC AC	9:00 am Coffee & Chat 9:30 am Red Carpet 10:00 am Tea Towel Tuesday 10:30 am 4th Tuesday Book Club 1:00 pm Red Carpet 2:00 pm Sara Tucker Presents: Winston Churchill 6:00 pm Mex Train Dominoes 6:30 pm Rummikub	EV BB MSP RW AS Chapel BEC CAC RW GR EV BB		
WEDNESDAY, FEBRUARY 26 Happy Birthday Joan Tempero Naomi Wilmot	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Sit 'n Bee Fit 11:00 am Weights/Theraband 1:10 pm Shallow Circuit 2:00 pm Talk and Tread	BEC WC WWC BEC WC BEC WC BEC AC BEC AC	9:00 am Coffee & Chat 9:00 am Activity with Topeka High Students 10:00 am Walmart Shopping 10:00 am Creative Repurposing 2:00 pm AA Meeting 6:00 pm Black History Month Musical Celebration 6:30 pm Mex Train Dominoes	EV BB CAC Shuttle RW AS BEC WC CAC EV BB		
THURSDAY, FEBRUARY 27 Happy Birthday Truman Nicholas Ruby Unruh	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Balance and Breathing 12:30 pm Cardio Splash 1:15 pm B Chi 2:00 pm Talk and Tread	BEC WC WWC WWC BEC AC BEC AC BEC AC	9:00 am Coffee & Chat 11:00 am Episcopal Service 1:00 pm Rummikub 1:00 pm Open Studio 1:00 pm Movie: Wicked 6:00 pm 313 Game Group	EV BB Chapel RW GR RW AS CAC RW GR		
FRIDAY, FEBRUARY 28 Happy Birthday Patsy Walz <hr/> FEBRUARY 29 Happy Birthday Donna Low Happy Anniversary Robin and Judy Kash	10:15 am Chair Yoga	BEC WC	9:00 am Coffee & Chat 10:00 am Shopping at Dillons 1:00 pm BINGO 1:30 pm Rummikub 1:30 pm Play Pool 1:30 pm Games for All 4:00 pm Happy Hour	EV BB Shuttle MSP EV BB KAC EV BB EV BB		
SATURDAY, MARCH 1	10:15 am Chair Yoga 2:00 pm Pickleball	BEC WC CAC	9:00 am Coffee & Chat 10:00 am Genealogy Group 10:00 am Storywise Chat 4:00 pm Saturday Social	EV BB EV CR MSP EV BB		
SUNDAY, MARCH 2 Happy Birthday Mary Snell			9:30 am Morning Devotions 1:00 pm Worship Service 2:30 pm Vespers 4:00 pm Sunday Supper Club	EV BB BHC Chapel EV BB		

THIS WEEK'S MOVIES on BPTV 1960

Due to technical issues last week, we have scheduled the same movies to play this week. Thank you for your patience!

TUESDAY at 2:00 pm and 7:00 pm
SATURDAY at 3:00 pm

La Dolce Villa (2025 romantic comedy)

A crumbling Italian villa helps a widower reconnect with his daughter and restore his passion for life in this rom-com from the director of "Mean Girls." (starring Scott Foley)

THURSDAY at 2:00 pm and 7:00 pm
SUNDAY at 6:00 pm

Spencer (2021 drama)

Kristen Stewart delivers a "riveting performance" in Pablo Larrain's "audaciously original" study of Princess Diana, writes the Hollywood Reporter. (starring Kristen Stewart and Timothy Spall)