




WELLNESS OPPORTUNITIES — MARCH 3—9, 2025

DATE	EXERCISE CLASSES	GROUPS, GAMES, EVENTS
MONDAY, MARCH 3 	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 9:30 am Quilting Group RW AS 1:00 pm Card Games RW GR 1:00 pm Open Studio Time EV AS 1:30 pm Card Games EVBB 1:30 pm Blood Pressure Clinic WWC 4:00 pm Social MSP 6:15 pm Cribbage EV BB
TUESDAY, MARCH 4	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 9:30 am Writing Club EV CR 10:00 am Card Making EV AS 2:00 pm Let's Paint RW AS 2:00 pm Speaker: CEO of CAC Topeka Zoo 6:00 pm Mex Train Dominoes RW GR 6:30 pm Rummikub EV BB
WEDNESDAY, MARCH 5 Happy Birthday Jo Ann Kemp Karen Oard Rhonda Froelich (BC) <div style="border: 1px solid black; padding: 5px; display: inline-block;">  Ash Wednesday </div>	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 10:00 am Aldi's Shopping Shuttle 10:00 am Ash Wednesday Chapel Blessing 11:00 am Jong's Thai Kitchen Shuttle 1:30 pm Therapy Dog Visit AL 1st 2:00 pm AA Meeting BEC WC 6:30 pm Mex Train Dominoes EV BB
THURSDAY, MARCH 6 Happy Birthday Betty Baker Judy Bowman Pat Haskins	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 10:00 am Knitting/Crocheting RW AS Group 1:00 pm Rummikub RW GR 1:00 pm Open Studio RW AS 1:00 pm Stronger Together Chapel Support Group 2:00 pm Beecher Bibles CAC Program 6:00 pm 313 Game Group RW GR 6:00 pm Topeka Civic Theatre Shuttle
FRIDAY, MARCH 7 Happy Birthday Darlene McLaren	10:15 am Chair Yoga BEC WC <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p style="text-align: center;">COVID Booster Forms Due</p> <p>If you plan to receive the COVID booster shot at Brewster Place on March 27, your form is due today. Shots will only be available for those who submit their form by today's deadline. Please turn your form in to Sue at The Evergreens.</p> </div>	9:00 am Coffee & Chat EV BB 10:00 am Bazaar Making Event RW AS 10:00 am Shopping at Dillons Shuttle 11:00 am Catholic Mass Chapel 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, MARCH 8	10:15 am Chair Yoga BEC WC 2:00 pm Pickleball CAC <div style="text-align: center; margin-top: 10px;">  <p>Daylight Saving Time Begins</p> <p>Set your clocks forward one hour before bed!</p> </div>	9:00 am Coffee & Chat EV BB 10:00 am Storywise Chat MSP 4:00 pm Saturday Social EV BB
SUNDAY, MARCH 9 Happy Birthday Steve Tempero		9:30 am Morning Devotions EV BB 1:00 pm Worship Service BHC 2:30 pm Vespers Chapel

We continue to have technical issues with BPTV 1960 and our movie schedule. Our vendor is working on the issue. The following movies are scheduled and we hope they will play as scheduled. Thank you for your patience.

THIS WEEK'S MOVIES on BPTV 1960

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

HERE (2024 drama)

Robert Zemeckis directs this heartwarming drama that tells stories of families living in the same home across centuries. Tom Hanks and Robin Wright star.

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

The Two Popes (2019 drama based on real life)

Oscar-nominated stars Anthony Hopkins and Jonathan Pryce are "heaven-sent" in this "sparkling confection with a serious side," enthuses the LA Times.