




# WELLNESS OPPORTUNITIES — MARCH 10—16, 2025

DATE	EXERCISE CLASSES	GROUPS, GAMES, EVENTS
<b>MONDAY, MARCH 10</b> <b>Happy Birthday</b> Bobbie Smelter Jody Koerner (BC) 	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 <b>9:30 am Quilting Group RW AS</b> 1:00 pm Card Games RW GR 1:00 pm Open Studio Time EV AS 1:30 pm Card Games EVBB <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, MARCH 11</b> <b>Happy Birthday</b> Marilyn Brock Sondra King	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 Red Carpet MSP</b> <b>10:00 am Papermaking EV AS</b> <b>10:00 am Caregiver's Support Chapel</b> <b>10:15 am Resident Marketing EV CR</b> <b>Committee</b> <b>1:00 pm Red Carpet BEC</b> <b>2:00 pm Make Dog Kerchiefs RW AS</b> 6:00 pm Mex Train Dominoes RW GR 6:30 pm Rummikub EV BB <b>7:00 pm SAI March Musicale CAC</b>
<div style="border: 1px solid black; padding: 5px; display: inline-block;">  <p><b>Program Change</b>                          The Topeka Big Band will be rescheduled. Tonight's concert will be presented by the Topeka Alumnae Chapter of Sigma Alpha Iota Music Fraternity.</p> </div>		
<b>WEDNESDAY, MARCH 12</b> <b>Happy Birthday</b> Patricia Nobo (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 1:10 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> <b>1:30 pm Blood Pressure Clinic EV Library</b> 2:00 pm AA Meeting BEC WC 6:30 pm Mex Train Dominoes EV BB
<b>THURSDAY, MARCH 13</b> <b>Happy Anniversary</b> Bill and Janet Ramser	8:25 am Low Impact Aerobics Canceled 9:30 am Senior Circuit Canceled 10:15 am Balance and Breathing Canceled 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>10:00 am Resident Council CAC</b> <b>Meeting</b> 1:00 pm Rummikub RW GR <b>1:00 pm Open Studio RW AS</b> <b>1:00 pm Personality Class with EV CR</b> <b>Larry Beam</b> <b>3:00 pm Spiritual Life Chapel</b> <b>Committee</b> 6:00 pm 313 Game Group RW GR
<b>FRIDAY, MARCH 14</b> <b>Happy Birthday</b> Jeanene Johnson Bev Menninger Billie Segrist	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, MARCH 15</b> <b>Happy Birthday</b> Glennie Buckley Barbara Bunten Rosalie Smith	10:15 am Chair Yoga BEC WC 2:00 pm Pickleball CAC	9:00 am Coffee & Chat EV BB <b>10:00 am Genealogy Group EV CR</b> 10:00 am Storywise Chat MSP 4:00 pm Saturday Social EV BB
<b>SUNDAY, MARCH 16</b>		9:30 am Morning Devotions EV BB 1:00 pm Worship Service BHC 2:30 pm Vespers Chapel

*We are still experiencing technical issues with BPTV 1960 and were not able to show last week's movies. We will try again this week. Our vendor is working on the issue and we hope to have it resolved soon. Our apologies.*

## 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.