

WELLNESS OPPORTUNITIES — MARCH 17—23, 2025



ST. PATRICK'S DAY MENU *Available all day at both restaurants as well as grill menu.*

Redwood Restaurant

Bierocks, Two Sides, Soup or Salad and Dessert (Bailey's Cheesecake or Sugar Free Green Coconut Pie)

The Evergreens Grill

Irish Beef Stew, Two Sides, Soup or Salad and Dessert (Bailey's Cheesecake or Sugar Free Green Coconut Pie)

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, MARCH 17 	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	Quilting Group	RW AS
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Cmty Resource Mtg	MSP
	10:15 am	Chair Yoga	WWC	10:00 am	Knitters/Crocheters	EV AS
	11:00 am	Weights/Theraband	BEC WC	1:00 pm	Card Games	RW GR
	11:50 am	Shallow Circuit	BEC AC	1:00 pm	Open Studio Time	EV AS
	1:15 pm	Cardio Splash	Canceled	1:30 pm	Card Games	EVBB
	2:00 pm	Talk and Tread	BEC AC	1:30 pm	Blood Pressure Clinic	WWC
				2:00 pm	Grief/Gratitude Group	Chapel
				4:00 pm	Social	MSP
				6:15 pm	Cribbage	EV BB
TUESDAY, MARCH 18 Happy Birthday Lynda Weaver (BC)	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	Writing Club	EV CR
	10:15 am	Balance and Breathing	WWC	10:00 am	Fiber Art Finishing	EV AS
	11:30 am	Fall Prevention Tai Chi	WWC	1:00 pm	Let's Paint	EV AS
	1:15 pm	B Chi	Canceled	6:00 pm	Mex Train Dominoes	RW GR
	2:00 pm	Talk and Tread	BEC AC	6:30 pm	Rummikub	EV BB
WEDNESDAY, MARCH 19 Happy Birthday Don Buchanan Addie Hanna Warren Schriener	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	10:00 am	Aldi's Shopping	Shuttle
	10:15 am	Sit 'n Bee Fit	BEC WC	2:00 pm	AA Meeting	BEC WC
	11:00 am	Weights/Theraband	BEC WC	3:00 pm	Wood Shop Meeting	BEC WS
	1:10 pm	Shallow Circuit	BEC AC	6:30 pm	Mex Train Dominoes	EV BB
	2:00 pm	Talk and Tread	BEC AC			
THURSDAY, MARCH 20 Happy Birthday Dale Gay Mary Spinks Sara LaClair (BC)	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	10:00 am	Finishing Framed Art	RW AS
	10:15 am	Balance and Breathing	WWC	10:00 am	Cmty Resource Mtg	EV CR
	12:30 pm	Cardio Splash	Canceled	1:00 pm	Rummikub	RW GR
	1:15 pm	B Chi	Canceled	1:00 pm	Open Studio	RW AS
	2:00 pm	Talk and Tread	BEC AC	1:30 pm	Gardens and Grounds Committee	Chapel
				3:00 pm	Diversity and Inclusion Group	Chapel
				6:00 pm	313 Game Group	RW GR
FRIDAY, MARCH 21 Happy Birthday Dottie Melchior	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
SATURDAY, MARCH 22 Happy Birthday Mary Lou Fuller Yon Johnson	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	2:00 pm	Pickleball	CAC	10:00 am	Storywise Chat	MSP
				4:00 pm	Saturday Social	EV BB
SUNDAY, MARCH 23 Happy Birthday Sally Henson Lynda Hutfles (BC)				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

The Aviator (2004 based on real life)

Billionaire and aviation tycoon Howard Hughes (Leonardo DiCaprio) is a successful public figure: a director of big-budget Hollywood films such as "Hell's Angels," a passionate lover of Hollywood leading ladies Katharine Hepburn (Cate Blanchett) and Ava Gardner (Kate Beckinsale), and an aviation pioneer who helps build TWA into a major airline.

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

Free Willy (1993 adventure drama)

When maladjusted orphan Jesse (Jason James Richter) vandalizes a theme park, he is placed with foster parents and must work at the park to make amends. There he meets Willy, a young Orca whale who has been separated from his family. Sensing kinship, they form a bond and, with the help of kindly whale trainer Rae Lindley (Lori Petty), develop a routine of tricks.