


WELLNESS OPPORTUNITIES — MARCH 24—30, 2025

DATE	EXERCISE CLASSES	GROUPS, GAMES, EVENTS
MONDAY, MARCH 24 	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 10:00 am Cmty Resource Mtg Villas 1:00 pm Card Games RW GR 1:00 pm Open Studio Time EV AS 1:30 pm Card Games EVBB 2:00 pm Mindfulness Meditation Chapel 4:00 pm Social MSP 6:15 pm Cribbage EV BB
TUESDAY, MARCH 25 Happy Birthday Gitta Gronewaller Don Tucker	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 Red Carpet MSP 10:00 am Cmty Resource Mtg RW 10:00 am Tea Towel Tuesday RW AS 10:30 am 4th Tuesday Book Chapel 1:00 pm Red Carpet BEC 1:00 pm Osher: America's Forgotten Wars CAC 6:00 pm Mex Train Dominoes RW GR 6:30 pm Rummikub EV BB
WEDNESDAY, MARCH 26	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 Walmart Shopping Shuttle 10:00 am Bazaar Making Item RW AS 1:30 pm Blood Pressure Clinic EV Library 2:00 pm AA Meeting BEC WC 6:30 pm Mex Train Dominoes EV BB
THURSDAY, MARCH 27	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 <div style="border: 1px solid black; padding: 5px; text-align: center;"> COVID Booster Shot Clinic 10:00 am Evergreens Community Room <i>Pre-registration required.</i> </div>	9:00 am Coffee & Chat EV BB 10:00 am Printing Around the House EV AS 10:00 am Cmty Resource Mtg Maple 10:00 am COVID Booster Shots EV CR 11:00 am Episcopal Service Chapel 1:00 pm Rummikub RW GR 1:00 pm Open Studio RW AS 2:00 pm Birthday Party CAC 2:00 pm Cmty Resource Mtg S Terr 6:00 pm 313 Game Group RW GR
FRIDAY, MARCH 28 Happy Anniversary Ronald and Navella Richey	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 29 Happy Birthday Doris Moreland	10:15 am Chair Yoga BEC WC 2:00 pm Pickleball CAC <div style="border: 1px solid black; padding: 5px; text-align: center;"> Saturday Social All are welcome! Bring your own drinks. Warmer weather we will meet at the EV Gazebo. Join us! </div>	9:00 am Coffee & Chat EV BB 10:00 am Storywise Chat MSP 4:00 pm Saturday Social EV BB 6:45 pm Topeka Symphony Shuttle
SUNDAY, MARCH 30		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

On the Basis of Sex (2018 drama based on real life)
 Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a groundbreaking tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination.
 (starring Felicity Jones)

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

Happiness for Beginners (2023 romantic comedy)
 A year after her divorce, 32-year-old Helen Carpenter lets her brother persuade her to sign up for a wilderness survival course. Through this experience she discovers that you have to get lost to find yourself. (starring Ellie Kemper and Luke Grimes)