


WELLNESS OPPORTUNITIES — MARCH 31—APRIL 6, 2025

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, MARCH 31 Please note: Julie and Jamie are gone this week on the trip to Grand Canyon so Social is canceled today. The Market will be open to serve supper.	8:25 am	Low Impact Aerobics	Canceled	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	Canceled	9:30 am	Quilting Group	RW AS
	10:15 am	Sit 'n Bee Fit	Canceled	1:00 pm	Card Games	RW GR
	10:15 am	Chair Yoga	WWC	1:00 pm	Open Studio Time	EV AS
	11:00 am	Weights/Theraband	Canceled	1:30 pm	Card Games	EVBB
	11:50 am	Shallow Circuit	Canceled	1:30 pm	Blood Pressure Clinic	WWC
	1:15 pm	Cardio Splash	BEC AC	4:00 pm	Social	Canceled
	2:00 pm	Talk and Tread	BEC AC	6:15 pm	Cribbage	EV BB
TUESDAY, APRIL 1  Will we have April showers or will we be fooled?	8:25 am	Low Impact Aerobics	Canceled	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	Canceled	9:30 am	Writing Club	EV CR
	10:15 am	Balance and Breathing	Canceled	10:00 am	Gallery Hanging of New Art Exhibit	BEC Gallery
	11:30 am	Fall Prevention Tai Chi	WWC	1:00 pm	Osher: America's Forgotten Wars	CAC
	1:15 pm	B Chi	BEC AC	2:00 pm	Cardmaking	EV AS
	2:00 pm	Talk and Tread	BEC AC	6:00 pm	Mex Train Dominoes	RW GR
				6:30 pm	Rummikub	EV BB
WEDNESDAY, APRIL 2 Happy Birthday Marilyn Hines (BC) Robert Kennedy (BC)	8:25 am	Low Impact Aerobics	Canceled	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit		10:00 am	Aldi's Shopping	Shuttle
	10:15 am	Sit 'n Bee Fit		10:00 am	Knitters and Crocheters	EV AS
	11:00 am	Weights/Theraband		1:30 pm	Therapy Dog Visit	AL 1st
	1:10 pm	Shallow Circuit		2:00 pm	AA Meeting	BEC WC
	2:00 pm	Talk and Tread		6:30 pm	Mex Train Dominoes	EV BB
THURSDAY, APRIL 3	8:25 am	Low Impact Aerobics	Canceled	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	Canceled	10:00 am	Brewster Chat	CAC
	10:15 am	Balance and Breathing	Canceled	1:00 pm	Rummikub	RW GR
	12:30 pm	Cardio Splash	BEC AC	1:00 pm	Open Studio	RW AS
	1:15 pm	B Chi	BEC AC	1:00 pm	Stronger Together Support Group	Chapel
	2:00 pm	Talk and Tread	BEC AC	2:00 pm	Make Dog Kerchiefs for Paws in the Park	RW AS
				6:00 pm	313 Game Group	RW GR
FRIDAY, APRIL 4 Happy Birthday Timothy Mayfield (BC)	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	POOL CLOSED FOR MAINTENANCE April 4—6 Seal concrete surrounding the pool to prevent further cracks. Thank you for your understanding!			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, APRIL 5 Happy Birthday Marion Knight Terry Harbert (BC)	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	1:30 pm	Pickleball	CAC	10:00 am	Genealogy Group	EV CR
				10:00 am	Storywise Chat	MSP
				4:00 pm	Saturday Social	EV BB
SUNDAY, APRIL 6				9:30 am	Morning Devotions	EV BB
				1:00 pm	Worship Service	BHC
				2:30 pm	Vespers	Chapel
				4:00 pm	Sunday Supper Club	EV BB

THIS WEEK'S MOVIES on BPTV 1960

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

The Hill (2023 sports drama based on real life)

The true story of Rickey Hill, the son of a travelling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues. (starring Dennis Quaid)

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

Mr. Holmes (2015 drama)

Long-retired and near the end of his life, Sherlock Holmes (Ian McKellen) grapples with an unreliable memory and must rely on his housekeeper's son as he revisits the still-unsolved case that led to his retirement. (starring Laura Linney)