WELLNESS OPPORTUNITIES — APRIL 21—27, 2025

DATE		ERCISE CLASSE	S	GROU	PS, GAMES, EV	ENTS
MONDAY, APRIL 21	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	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	BEC WC	1:30 pm	Card Games	EV BB
	11:50 am	Shallow Circuit	BEC AC	2:00 pm	Grief/Gratitude	Chapel
	1:15 pm	Cardio Splash	BEC AC	2.00 pm	Group	Спарег
	2:00 pm	Talk and Tread	BEC AC	4:00 pm	Social	MSP
	2.00 pm		DLC AC	6:15 pm	Cribbage	EV BB
TUESDAY, APRIL 22	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
Happy Birthday	9:30 am	Senior Circuit	WWC	9:30 am	Red Carpet	MSP
Joyce Hazelton	10:15 am	Balance and Breathing	WWC		Tea Towel Tuesday	RW AS
	11:30 am	Fall Prevention Tai Chi	WWC		4th Tuesday Book	Chapel
	1:15 pm	B Chi	BEC AC		Club	
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Red Carpet	BEC
States the	2.00 pm		DLC/IC	1:30 pm	Teddy Bear Challenge	RW AS
				1.00 pm	Work Time	
				6:00 pm	Mex Train Dominoes	RW GR
Color and all the				6:30 pm	Rummikub	EV BB
				0.50 pm	Kullinkub	
Earth Day						
WEDNESDAY, APRIL 23	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC		Walmart Shopping	Shuttle
Happy Birthday	10:15 am	Sit 'n Bee Fit	BEC WC		Decorative Needle	EV AS
Joyce Bowman Robert Brooks				10:00 am		EV AS
Doris Davidson	11:00 am	Weights/Theraband Shallow Circuit	BEC WC	1.20 mm	Tins Blood Brossure Clinic	E \/
Don's Davidson	1:10 pm		BEC AC	1:30 pm	Blood Pressure Clinic	EV Librar
	2:00 pm	Talk and Tread	BEC AC	2:00 pm	AA Meeting	BEC WC
				4:30 pm	Gratitude Crew	CAC
Grotifudo /	Crow Eam	ily Mayia Night		•	Family Mayia Night	
		ily Movie Night			Family Movie Night	EV/ BB
Residents, Staff a. Dinner: Wall	nd Families In king Tacos	ily Movie Night vited! Raffle prizes too! 4:30 pm—5:30 pm ultural Arts Center			Family Movie Night Mex Train Dominoes	EV BB
Residents, Staff a. Dinner: Wall Movie: RV	nd Families In king Tacos 4 5:00 pm C	vited! Raffle prizes too! 4:30 pm—5:30 pm ultural Arts Center	BEC WC	6:30 pm	, ,	
Residents, Staff a. Dinner: Wall Movie: RV	nd Families In king Tacos	vited! Raffle prizes too! 4:30 pm—5:30 pm ultural Arts Center Low Impact Aerobics	BEC WC WWC	6:30 pm 9:00 am	Mex Train Dominoes	EV BB
Residents, Staff a. Dinner: Wall Movie: RV	nd Families In king Tacos 4 5:00 pm C 8:25 am 9:30 am	vited! Raffle prizes too! 4:30 pm—5:30 pm ultural Arts Center Low Impact Aerobics Senior Circuit	WWC	6:30 pm 9:00 am 11:00 am	Mex Train Dominoes Coffee & Chat Episcopal Service	EV BB Chapel
Residents, Staff a. Dinner: Wall Movie: RV THURSDAY, APRIL 24 Happy Birthday	nd Families In king Tacos 4 5:00 pm C 8:25 am 9:30 am 10:15 am	vited! Raffle prizes too! 4:30 pm—5:30 pm ultural Arts Center Low Impact Aerobics Senior Circuit Balance and Breathing	WWC WWC	6:30 pm 9:00 am 11:00 am 1:00 pm	Mex Train Dominoes Coffee & Chat Episcopal Service Rummikub	EV BB Chapel RW GR
Residents, Staff a. Dinner: Wall Movie: RV THURSDAY, APRIL 24 Happy Birthday	nd Families In king Tacos 4 5:00 pm C 8:25 am 9:30 am 10:15 am 12:30 pm	vited! Raffle prizes too! 4:30 pm—5:30 pm ultural Arts Center Low Impact Aerobics Senior Circuit Balance and Breathing Cardio Splash	WWC WWC BEC AC	6:30 pm 9:00 am 11:00 am 1:00 pm 1:00 pm	Mex Train Dominoes Coffee & Chat Episcopal Service Rummikub Open Studio	EV BB Chapel RW GR RW AS
Residents, Staff a. Dinner: Wall Movie: RV THURSDAY, APRIL 24 Happy Birthday	nd Families In king Tacos 4 5:00 pm C 8:25 am 9:30 am 10:15 am	vited! Raffle prizes too! 4:30 pm—5:30 pm ultural Arts Center Low Impact Aerobics Senior Circuit Balance and Breathing	WWC WWC	6:30 pm 9:00 am 11:00 am 1:00 pm	Mex Train Dominoes Coffee & Chat Episcopal Service Rummikub	EV BB Chapel RW GR
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In this adaptation of Jane Austen's beloved novel, Elizabeth Bennet (Keira Knightley) lives with her mother, father and sisters in the English countryside. As the eldest, she faces mounting pressure from her parents to marry. When the outspoken Elizabeth is introduced to the handsome and upper-class Mr. Darcy (Matthew Macfadyen), sparks fly. Although there is obvious chemistry between the two, Darcy's overly reserved nature threatens the fledgling relationship.

υνύατ αι 6:00 pm

Irish Wish (2024 romantic comedy) When the love of her life gets engaged to her friend, Maddie puts her feelings aside to be a bridesmaid at their wedding in Ireland. Days before the wedding, Maddie makes a spontaneous wish for true love, only to wake up as the bride-to-be.