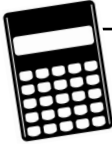


WELLNESS OPPORTUNITIES — MAY 19—25, 2025

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, MAY 19 Happy Birthday Dave Pinick Kate Hilbert (BC) Denise Newbery (BC) Happy Anniversary Larry and Doris Moreland	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	4:00 pm	Social	MSP
	1:15 pm	Cardio Splash	Canceled	6:15 pm	Cribbage	EV BB
	2:00 pm	Talk and Tread	BEC AC			
	<div><div></div><div>May + 19th = National Accounting Day! A big thanks to all our number crunchers, bean counters and spreadsheet super heroes!</div></div>					
TUESDAY, MAY 20 Happy Birthday Glenda Bower	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	9:30 am	Red Carpet	MSP
	11:30 am	Fall Prevention Tai Chi	Canceled	10:00 am	Knitters/Crocheters	RW AS
	1:15 pm	B Chi	BEC AC	11:00 am	Tune Up Tuesday	EV CR
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Red Carpet	BEC
				1:00 pm	Special Entertainer	CAC
					Stacie Dodd	
				1:30 pm	Teddy Bear Quilt Challenge	RW AS
				6:00 pm	Mex Train Dominoes	RW GR
WEDNESDAY, MAY 21	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	10:00 am	Walmart Shopping	Shuttle
	10:15 am	Sit ‘n Bee Fit	BEC WC	10:00 am	New Theatre in KC	Shuttle
	11:00 am	Weights/Theraband	BEC WC	1:30 pm	Blood Pressure Clinic	EV Library
	1:10 pm	Shallow Circuit	BEC AC	2:00 pm	AA Meeting	BEC WC
	2:00 pm	Talk and Tread	BEC AC	6:30 pm	Mex Train Dominoes	EV BB
THURSDAY, MAY 22 Happy Birthday Mary Muilenburg Jim Schroff Christine Jordan (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	Make Pin Cushions	EV AS
	10:15 am	Balance and Breathing	WWC	11:00 am	Episcopal Service	Chapel
	12:30 pm	Cardio Splash	BEC AC	1:00 pm	Rummikub	RW GR
	1:15 pm	B Chi	BEC AC	1:00 pm	Open Studio	RW AS
	2:00 pm	Talk and Tread	BEC AC	2:00 pm	Birthday Party	CAC
				6:00 pm	313 Game Group	RW GR
FRIDAY, MAY 23 Happy Birthday Elaine Prosser	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
				9:30 am	Quilting Group	RW AS
				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, MAY 24 Happy Birthday Criss Schulz Ruth Rogers (BC)	10:15 am	Chair Yoga	BEC WC	9:00 am	Coffee & Chat	EV BB
	1:30 pm	Pickleball	CAC	10:00 am	Storywise Chat	MSP
				4:00 pm	Saturday Social	EV BB <i>or</i> Gazebo
SUNDAY, MAY 25				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 & 7:00 pm
SATURDAY at 3:00 pm

Our Almost Completely True Love Story (2021 romance)
A short Jewish man pursues a tall, ageing Hollywood star and wins her love with his charm and humor in their heartwarming, almost completely true, love story.
(starring Mariette Hartley and Jerry Stroka)

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

Guarding Tess (1994 comedy drama)
Doug Chesnic (Nicolas Cage), an agent with the Secret Service Uniformed Division, is assigned to protect former first lady Tess Carlisle (Shirley MacLaine). Chesnic finds the job demeaning and a challenge because of Tess' high-maintenance personality and petty demands. He's desperate to get another assignment, but she insists that he remain head of her security detail, using her influence with the current president to get her way. When she's kidnapped, however, Chesnic's feelings change.



UPCOMING MOVIE DAY IN THE CAC
Conclave (2024 political thriller)

Thursday, May 29 | 1:00 pm | Cultural Arts Center