



WELLNESS OPPORTUNITIES — MAY 5—11, 2025

DATE	EXERCISE CLASSES	GROUPS, GAMES, EVENTS
MONDAY, MAY 5 Happy Birthday Carolyn Krull 	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 1:00 pm Card Games RW GR 1:00 pm Open Studio Time EV AS 1:30 pm Card Games EV BB 4:00 pm Social MSP 6:15 pm Cribbage EV BB
TUESDAY, MAY 6 Happy Birthday Mary Pfeifer Mary Beth Schroff Curtis Sneden (BC)	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 <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> National Nurses Week May 6—12 </div>	9:00 am Coffee & Chat EV BB 9:30 am Red Carpet MSP 9:30 am Writing Club EV CR 10:00 am Doodling EV AS 1:00 pm Red Carpet BEC 1:00 pm Knitters/Crocheters RW AS 6:00 pm Mex Train Dominoes RW GR 6:30 pm Rummikub EV BB
WEDNESDAY, MAY 7 Happy Birthday Jean Rader	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 1:30 pm Blood Pressure Clinic EV Library 1:30 pm Therapy Dog Visit AL 1st 2:00 pm AA Meeting BEC WC 6:30 pm Mex Train Dominoes EV BB
THURSDAY, MAY 8 Happy Birthday Kelly Deshaum (BC) Happy Anniversary Jim and Jan Litfin	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	9:00 am Coffee & Chat EV BB 10:00 am Resident Council CAC 1:00 pm Rummikub RW GR 1:00 pm Open Studio RW AS 6:00 pm 313 Game Group RW GR
FRIDAY, MAY 9 Happy Birthday Sally Gilliland Nancy Schmidt	10:15 am Chair Yoga BEC WC	9:00 am Coffee & Chat EV BB 9:30 am Bazaar Painting RW AS 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 10 Happy Birthday William Schmidt	10:15 am Chair Yoga BEC WC 1:30 pm Pickleball CAC	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 Orchestra
SUNDAY, MAY 11 Happy Birthday Harry Craig, Jr. Sharon Groff		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

Ticket to Paradise (2022 romantic comedy)

A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together. (starring George Clooney and Julie Roberts)

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

Mother of the Bride (2024 romantic comedy)

Stunned by her daughter's bombshell wedding announcement, Lana soon faces another shock: the groom's father is the man who broke her heart years ago. (starring Brooke Shields and Benjamin Bratt)