


WELLNESS OPPORTUNITIES — DECEMBER 8—14, 2025

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, DECEMBER 8 Happy Birthday Pam Crary 	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 EV AS 1:30 pm Food Committee MSP 1:30 pm Card Games EV BB 2:00 pm Mindful Meditation Chapel 4:00 pm Social MSP 6:15 pm Cornerstone Family Shuttle School Concert 6:15 pm Cribbage EV BB				
TUESDAY, DECEMBER 9 Happy Birthday Waunita Shoemaker Carol Tyler (BC)  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Merry Market 10:00 am—2:00 pm Cultural Arts Center Lots of great vendors and special music in the afternoon as you shop. </div>	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 10:00 am Merry Market CAC 10:15 am Resident Marketing EV CR Committee 1:30 pm Blood Pressure Clinic WWC 3:30 pm Brewster Choir Chapel Practice 6:00 pm Mex Train Dominoes RW GR 6:30 pm Rummikub EV BB				
WEDNESDAY, DECEMBER 10 Happy Birthday Lois Durbin Lynette Glotzbach Deb Silvius (BC)	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 9:00 am Quilt Studio Cleaning RW AS 10:00 am Aldi's Shopping Shuttle 1:00 pm Sounds of the Season CAC with Beverly Robards 1:00 pm Art Studio Cleaning RW AS 4:45 pm Dinner Out and Shuttle Potwin Lights 6:30 pm Mex Train Dominoes EV BB				
THURSDAY, DECEMBER 11	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 Block of the Month RW AS 1:00 pm Bridge RW GR 1:00 pm Open Studio RW AS 2:00 pm Birthday Party CAC 3:00 pm Spiritual Life Chapel Committee 6:00 pm 313 Game Group RW GR 6:00 pm Topeka Civic Theatre Shuttle				
FRIDAY, DECEMBER 12 Happy Birthday Alta Hoffman (BC) Happy Anniversary Doug and Jan Mauck	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 6:00 pm Skip Bo RW GR				
SATURDAY, DECEMBER 13 Happy Birthday Julia Wilson (BC)	7:00 am Pickleball CAC 10:15 am Chair Yoga BEC WC	9:00 am Coffee & Chat EV BB 9:30 am Church of the Shuttle Resurrection 10:00 am Storywise Chat MSP 4:00 pm Saturday Social EV BB 6:00 pm Rummikub RW GR				
SUNDAY, DECEMBER 14 Happy Birthday David Comstock Jeannine Herron		9:30 am Morning Devotions EV BB 1:00 pm Worship Service BHC 2:30 pm Vespers Chapel 6:00 pm Mex Train Dominoes RW GR				

THIS WEEK'S MOVIES on BPTV 1960

TUESDAY at 2:00 pm & 7:00 pm; SATURDAY at 3:00 pm
Jay Kelly (2025 drama comedy)

"All my memories are movies." At a crossroads in life, world-famous actor Jay Kelly sets out on a journey of self-discovery — with his entourage in tow. (starring George Clooney, Adam Sandler and Laura Dern)

THURSDAY at 2:00 pm & 7:00 pm; SUNDAY at 6:00 pm
For the Boys (1991 drama comedy)

Bette Midler gives the brassiest, sassiest performance of her career as Dixie Leonard, a USO singer whose electrifying stage presence, and flair for outrageous comedy, captivates troops and civilians alike. (starring Bette Midler and James Caan)