

# WELLNESS OPPORTUNITIES — JANUARY 5—11, 2026

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, JANUARY 5</b> <b>Happy Birthday</b> Jacque Stroud  The 2026 Winter Olympics begin in one month! What is your favorite event?	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	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	BEC AC	6:15 pm	Cribbage	EV BB
	2:00 pm	Talk and Tread	BEC AC			
<b>TUESDAY, JANUARY 6</b> <b>Happy Birthday</b> Pattie Jones Robert Kellerman	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	<b>Writing Club</b>	EV CR
	10:15 am	Balance and Breathing	WWC	10:30 am	<b>Knitters/Crocheters</b>	RW AS
	11:30 am	Fall Prevention Tai Chi	WWC	1:00 pm	<b>Valentine Cards</b>	EV AS
	1:15 pm	B Chi	BEC AC	1:00 pm	<b>Movie: The Lemon Drop Kid</b>	CAC
	2:00 pm	Talk and Tread	BEC AC	6:00 pm	Mex Train Dominoes	RW GR
				6:30 pm	Rummikub	EV BB
<b>WEDNESDAY, JANUARY 7</b> <b>Happy Birthday</b> Sharon Nixon (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	<b>Valentine Cards</b>	RW AS
	10:15 am	Sit 'n Bee Fit	BEC WC	10:00 am	Aldi's Shopping	Shuttle
	11:00 am	Weights/Theraband	BEC WC	10:30 am	<b>Casino and Lunch</b>	Shuttle
	1:10 pm	Shallow Circuit	BEC AC	1:30 pm	<b>Therapy Dog</b>	AL
	2:00 pm	Talk and Tread	BEC AC	1:30 pm	<b>Blood Pressure Clinic</b>	EV Library
				6:30 pm	Mex Train Dominoes	EV BB
<b>THURSDAY, JANUARY 8</b> <b>Happy Birthday</b> Cheryl Walters (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	<b>Resident Council</b>	CAC
	10:15 am	Balance and Breathing	WWC	1:00 pm	Bridge	RW GR
	12:30 pm	Cardio Splash	BEC AC	1:00 pm	Open Studio	RW AS
	1:15 pm	B Chi	BEC AC	2:00 pm	<b>Singing Program</b>	CAC
	2:00 pm	Talk and Tread	BEC AC		<b>Tami Alexander</b>	
				6:00 pm	313 Game Group	RW GR
<b>FRIDAY, JANUARY 9</b> <b>Happy Birthday</b> Irene Lambotte Mike Wilson (BC)	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
<b>SATURDAY, JANUARY 10</b> <b>Happy Birthday</b> Les Carlson	7:00 am	<b>Pickleball</b>	CAC	9:00 am	Coffee & Chat	EV BB
	10:15 am	Chair Yoga	BEC WC	10:00 am	Storywise Chat	MSP
				4:00 pm	Saturday Social	EV BB
				6:00 pm	Rummikub	RW GR
<b>SUNDAY, JANUARY 11</b>				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**  
*The Good Shepherd (2006 spy thriller)*

Discreet, idealistic and intensely loyal, Edward Wilson (Matt Damon) finds that service in the OSS and later as a founding member of the Central Intelligence Agency is the perfect career for a man of his talents. His methods become standard operating procedure for the CIA while he combats his counterparts in the KGB. But, as the country slips deeper into the Cold War, Edward finds that dedication to duty above family has a price.

**THURSDAY at 2:00 pm & 7:00 pm SUNDAY at 6:00 pm**  
*Up in the Air (2009 comedy/drama)*

An idea from a young, new co-worker (Anna Kendrick) would put an end to the constant travel of corporate down-sizer Ryan Bingham (George Clooney), so he takes her on a tour to demonstrate the importance of face-to-face meetings with those they must fire. While mentoring his colleague, he arranges hookups with another frequent-flier (Vera Farmiga), and his developing feelings for the woman prompt him to see others in a new light.

### RECYCLING UPDATE:

The glass recycling (purple and yellow) dumpster has been removed from Brewster Place. A **small trash bin** for recycling **glass bottles and jars only** has been placed next to the east entrance to Redwood. Its lid has this notice on it: **RECYCLE GLASS ONLY!** If you have any questions please call David Wexler at 785-267-5576.