


# WELLNESS OPPORTUNITIES — FEB 23—MARCH 1, 2026

**TUNE IN TO BPTV 1960 MORNING ANNOUNCEMENTS | Monday—Friday | 8:00—8:30 am**  
Hear the day's schedule, weather report, featured menus, and last-minute updates and/or cancelations.

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
<b>MONDAY, FEBRUARY 23</b> <b>Happy Birthday</b> Virgil Funk Beverly Hammond Stew Karrer Margaret Kellerman Becky Dickinson (BC) Carol Snelson (BC)	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Sit 'n Bee Fit 10:15 am Chair Yoga 11:00 am Weights/Theraband 11:50 am Shallow Circuit 1:15 pm Cardio Splash 2:00 pm Talk and Tread	BEC WC WWC BEC WC WWC BEC WC BEC AC BEC AC BEC AC	9:00 am Coffee & Chat 9:30 am Quilting Group 1:00 pm Card Games 1:00 pm Open Studio 1:30 pm Card Games 2:00 pm <b>Mindful Meditation</b> 4:00 pm Social 6:15 pm Cribbage	EV BB RW AS RW GR EV AS EV BB <b>Chapel</b> MSP EV BB		
<b>TUESDAY, FEBRUARY 24</b> <b>Happy Birthday</b> Phyllis Allen 	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Balance and Breathing 11:30 am Fall Prevention Tai Chi 1:15 pm B Chi 2:00 pm Talk and Tread	BEC WC WWC WWC WWC BEC AC BEC AC	9:00 am Coffee & Chat 9:30 am <b>Red Carpet</b> 10:30 am <b>4th Tues Book Club</b> 10:30 am <b>Tea Towel Tuesday</b> 1:00 pm <b>Red Carpet</b> 1:00 pm <b>Movie: Thursday Murder Club</b> 1:00 pm <b>Wet on Wet Watercolor</b> 1:30 pm <b>Blood Pressure Clinic</b> 6:00 pm Mex Train Dominoes 6:30 pm Rummikub	EV BB <b>MSP</b> <b>Chapel</b> RW AS <b>BEC</b> <b>CAC</b> RW AS <b>WWC</b> RW GR EV BB		
<b>WEDNESDAY, FEBRUARY 25</b> <b>Happy Birthday</b> Jerry Hazlett	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Sit 'n Bee Fit 11:00 am Weights/Theraband 1:10 pm Shallow Circuit 2:00 pm Talk and Tread	BEC WC WWC BEC WC BEC WC BEC AC BEC AC	9:00 am Coffee & Chat 9:30 am <b>Lunch and Tour Elgin Hotel</b> 10:00 am Walmart Shopping 10:30 am <b>Paper Pieced Block of the Month</b> 1:00 pm <b>Lenten Bible Study</b> 3:00 pm <b>Woodworkers Group</b> 6:30 pm Mex Train Dominoes	EV BB <b>Shuttle</b> Shuttle <b>EV AS</b> <b>Chapel</b> <b>BEC WS</b> EV BB		
<b>THURSDAY, FEBRUARY 26</b> <b>Happy Birthday</b> Joan Tempero Naomi Wilmot	8:25 am Low Impact Aerobics 9:30 am Senior Circuit 10:15 am Balance and Breathing 12:30 pm Cardio Splash 1:15 pm B Chi 2:00 pm Talk and Tread	BEC WC WWC WWC BEC AC BEC AC BEC AC	9:00 am Coffee & Chat 10:30 am <b>Make Bracelets</b> 11:00 am <b>Episcopal Service</b> 1:00 pm Bridge 1:00 pm Open Studio 2:00 pm <b>Birthday Party</b> 6:00 pm 313 Game Group	EV BB <b>EV AS</b> <b>Chapel</b> RW GR RW AS <b>CAC</b> RW GR		
<b>FRIDAY, FEBRUARY 27</b> <b>Happy Birthday</b> Truman Nicholas Ruby Unruh	10:15 am Chair Yoga	BEC WC	9:00 am Coffee & Chat 9:30 am Quilting Group 10:00 am Shopping at Dillons 1:00 pm BINGO 1:30 pm Rummikub 1:30 pm Play Pool 1:30 pm Games for All 4:00 pm Happy Hour 6:00 pm Skip Bo	EV BB RW AS Shuttle MSP EV BB KAC EV BB EV BB RW GR		
<b>SATURDAY, FEBRUARY 28</b> <b>Happy Birthday</b> Patsy Walz <b>FEBRUARY 29</b> <b>Happy Birthday</b> Donna Low	7:00 am Pickleball 10:15 am Chair Yoga	<b>CAC</b> BEC WC	9:00 am Coffee & Chat 9:30 am <b>EV 2nd Floor Coffee</b> 10:00 am Storywise Chat 4:00 pm Saturday Social 6:00 pm Rummikub	EV BB <b>EV BB</b> MSP EV BB RW GR		
<b>SUNDAY, MARCH 1</b>			9:30 am Morning Devotions 1:00 pm Worship Service 2:30 pm Vespers 4:00 pm <b>Sunday Supper Club</b> 6:00 pm Mex Train Dominoes	EV BB BHC Chapel <b>EV BB</b> RW GR		

## THIS WEEK'S MOVIES on BPTV 1960

**TUESDAY at 2:00 pm & 7:00 pm; SATURDAY at 3:00 pm**

*Mrs. Doubtfire (1993 heartfelt comedy)*

After a tough divorce, a devoted dad and determined actor disguises himself as an eccentric British nanny to spend more time with his children. (starring Robin Williams and Sally Field)

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

*My Mother's Wedding (2025 comedy drama)*

Three sisters (Scarlett Johansson, Sienna Miller, Emily Beecham) return to their childhood home for the third wedding of their mother (Kristin Scott Thomas), navigating family drama with help from a colorful group of unexpected wedding guests.