



WELLNESS OPPORTUNITIES — FEBRUARY 9—15, 2026

SARA PENDANT UPDATES: On Thursday, February 12 from 9:00 am—11:00 am your SARA emergency pendants will be temporarily offline to perform updates. They will not function during this time. If you need assistance during this time, please call Security at 785-274-5000. In an emergency, please call 911. —Thank you for your understanding as we complete these updates.

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, FEBRUARY 9 Happy Birthday Joan Farmer Laura Siebert 	8:25 am	Low Impact Aerobics	Canceled	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	Canceled	9:30 am	Quilting Group	RW AS
	10:15 am	Sit 'n Bee Fit	Canceled	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	Canceled	1:30 pm	Food Committee	MSP
	11:50 am	Shallow Circuit	Canceled	1:30 pm	Card Games	EV BB
	1:15 pm	Cardio Splash	Canceled	2:00 pm	Mindful Meditation	Chapel
	2:00 pm	Talk and Tread	Canceled	4:00 pm	Social	MSP
				6:15 pm	Cribbage	EV BB
TUESDAY, FEBRUARY 10 Happy Birthday Van Crary	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	Red Carpet	MSP
	10:15 am	Balance and Breathing	WWC	10:00 am	Caregiver's Support	Chapel
	11:30 am	Fall Prevention Tai Chi	WWC	10:30 am	Pieced Block of Month	RW AS
	1:15 pm	B Chi	BEC AC	1:00 pm	Red Carpet	BEC
	2:00 pm	Talk and Tread	BEC AC	1:30 pm	Blood Pressure Clinic	WWC
				2:00 pm	Topeka Symphony Quartet	CAC
				6:00 pm	Mex Train Dominoes	RW GR
				6:30 pm	Rummikub	EV BB
WEDNESDAY, FEBRUARY 11 Happy Birthday Rose Fritz	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	10:30 am	Operation Warmth Work Session	RW AS
	11:00 am	Weights/Theraband	BEC WC	11:00 am	Lunch Out and Shopping at Hallmark	Shuttle
	1:10 pm	Shallow Circuit	BEC AC	2:00 pm	Present Valentines to Meals on Wheels	RW AS
	2:00 pm	Talk and Tread	BEC AC	6:30 pm	Mex Train Dominoes	EV BB
THURSDAY, FEBRUARY 12 Happy Birthday Eddie Fowler Judy McGinness <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> SARA UPDATE REMINDER: Between 9:00—11:00 am SARA pendants will not work. Call Security at 785-274-5000 or dial 911. </div>	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	1:00 pm	Bridge	RW GR
	10:15 am	Balance and Breathing	WWC	1:00 pm	Open Studio	RW AS
	12:30 pm	Cardio Splash	BEC AC	2:00 pm	Ornate Box Turtles with Dr. Reed (WU)	CAC
	1:15 pm	B Chi	BEC AC	3:00 pm	Spiritual Life Committee	Chapel
	2:00 pm	Talk and Tread	BEC AC	6:00 pm	313 Game Group	RW GR
FRIDAY, FEBRUARY 13 Happy Birthday Gayle Anderson Opal Dultmeier Richard Stowe	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, FEBRUARY 14 Happy Birthday Brenda Frederick (BC) 	7:00 am	Pickleball	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
				5:45 pm	Valentine's Dinner at Top of the Tower (reservations only)	Shuttle
				6:00 pm	Rummikub	RW GR
SUNDAY, FEBRUARY 15				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
Miracle: The Boys of '80 (2026 documentary about 1980 US hockey team)
 An underdog squad. A fierce coach. A snowball's chance. Feel the rush as the 1980 US Olympic hockey team revisits their historic win against the Soviets.

THURSDAY at 2:00 pm & 7:00 pm; SUNDAY at 6:00 pm **The American President** (1995)
 The widowed president strikes up a romance with a beautiful Washington lobbyist.