WELLNESS OPPORTUNITIES — MARCH 2—8, 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		
MONDAY, MARCH 2 **Happy Birthday** Mary Ann Snell Nadia Arbelo (BC) 	8:25 am 9:30 am 10:15 am 10:15 am 11:00 am 11:50 am 1:15 pm 2:00 pm	Low Impact Aerobics Senior Circuit Sit 'n Bee Fit Chair Yoga Weights/Theraband Shallow Circuit Cardio Splash Talk and Tread	BEC WC WWC BEC WC WWC BEC WC BEC AC BEC AC BEC AC	9:00 am 9:30 am 1:00 pm 1:00 pm 1:30 pm 4:00 pm 6:15 pm	Coffee & Chat Quilting Group Card Games Open Studio Card Games Social Cribbage	EV BB RW AS RW GR EV AS EV BB MSP EV BB
TUESDAY, MARCH 3	8:25 am 9:30 am 10:15 am 11:30 am 1:15 pm 2:00 pm	Low Impact Aerobics Senior Circuit Balance and Breathing Fall Prevention Tai Chi B Chi Talk and Tread	BEC WC WWC WWC WWC BEC AC BEC AC	9:00 am **9:30 am** **10:30 am** **5:00 pm** 6:00 pm 6:30 pm	Coffee & Chat **Writing Club** **Knitters/Crocheters** **Kansas Ballet Academy** Mex Train Dominoes Rummikub	EV BB **EV CR** **RW AS** **CAC** RW GR EV BB
WEDNESDAY, MARCH 4	8:25 am 9:30 am 10:15 am 11:00 am 1:10 pm 2:00 pm	Low Impact Aerobics Senior Circuit Sit 'n Bee Fit Weights/Theraband Shallow Circuit Talk and Tread	BEC WC WWC BEC WC BEC WC BEC AC BEC AC	9:00 am 10:00 am **11:00 am** **1:00 pm** **1:30 pm** **1:30 pm** 6:30 pm	Coffee & Chat Aldi's Shopping **Lunch Out and Tour** **Brown v Board** **Lenten Bible Study** **Therapy Dog Visit** **Blood Pressure Clinic** Mex Train Dominoes	EV BB Shuttle **Shuttle** **Chapel** **AL** **EV** Library EV BB
THURSDAY, MARCH 5 **Happy Birthday** Jo Ann Kemp Karen Oard	8:25 am 9:30 am 10:15 am 12:30 pm 1:15 pm 2:00 pm	Low Impact Aerobics Senior Circuit Balance and Breathing Cardio Splash B Chi Talk and Tread	BEC WC WWC WWC BEC AC BEC AC BEC AC	9:00 am **10:30 am** 1:00 pm 1:00 pm 6:00 pm	Coffee & Chat **Show & Share** Bridge Open Studio 313 Game Group	EV BB **RW AS** RW GR RW AS RW GR
FRIDAY, MARCH 6 **Happy Birthday** Betty Baker Judy Bowman Pat Haskins	10:15 am	Chair Yoga	BEC WC	9:00 am 9:30 am **10:00 am** 10:00 am 1:00 pm 1:30 pm 1:30 pm 1:30 pm 4:00 pm 6:00 pm	Coffee & Chat Quilting Group **Catholic Mass** Shopping at Dillons BINGO Rummikub Play Pool Games for All Happy Hour Skip Bo	EV BB RW AS **Chapel** Shuttle MSP EV BB KAC EV BB EV BB RW GR
SATURDAY, MARCH 7 **Happy Birthday** Darlene McLaren	**7:00 am** 10:15 am	**Pickleball** Chair Yoga	**CAC** BEC WC	9:00 am **10:00 am** 10:00 am **1:00 pm** 4:00 pm 6:00 pm	Coffee & Chat **Genealogy Group** Storywise Chat **Topeka Art Guild** Saturday Social Rummikub	EV BB **EV CR** MSP **Shuttle** EV BB RW GR
		Spring Forward! **Daylight Saving Time** begins on Sunday. Set your clocks ***FORWARD*** one hour before bed tonight!				
SUNDAY, MARCH 8 **Happy Birthday** Susan Turner (BC)				9:30 am 1:00 pm 2:30 pm 6:00 pm	Morning Devotions Worship Service Vespers Mex Train Dominoes	EV BB BHC Chapel RW GR

THIS WEEK'S MOVIES on BPTV 1960

TUESDAY at 2:00 pm & 7:00 pm; SATURDAY at 3:00 pm
Love's Portrait (2022 romance)
Lily, a museum curator, discovers a painting that looks just like her and is sent to Ireland, where she tracks the painting down to the post office it was sent from. There she meets William and Saoirse, who offer her help and who may know more than they are sharing about the painting.

THURSDAY at 2:00 pm & 7:00 pm; SUNDAY at 6:00 pm
Evita (1997 historical drama musical)
Evita is the riveting true-life story of Eva Peron, who rose above childhood poverty and a scandalous past to achieve unimaginable fortune and fame. Despite widespread controversy, her passion changed a nation forever! (starring Madonna, Antonio Banderas and Jonathan Pryce)