

WELLNESS OPPORTUNITIES — APRIL 6—12, 2026

DATE	EXERCISE CLASSES	GROUPS, GAMES, EVENTS
<p>MONDAY, APRIL 6 Happy Birthday Catherine Wrenick</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>SEVERE WEATHER PREPAREDNESS CHATS 9:00—9:30 am EV Community Rm 9:45—10:15 am RW Game Room 10:30—11:00 am Oak Lounge 12:00—12:30 pm Maple Lounge 12:45—1:15 pm Cedar Lounge 1:30—2:00 pm Villas Safe Room 2:15—2:45 pm North Terr Lounge 3:00—3:30 pm South Terr Lounge</p> </div>	<p>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</p>	<p>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 Card Games EV BB 4:00 pm Social MSP 6:15 pm Cribbage EV BB</p>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; padding: 5px; width: 60%;"> <p>Severe Weather Preparedness Chats Hosted by Safety Coordinator Emilio Tetuan</p> </div> <div style="text-align: center;"> </div> </div>		
<p>TUESDAY, APRIL 7</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>SEVERE WEATHER PREPAREDNESS CHATS Magnolias Morning door-to-door visit</p> </div>	<p>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</p>	<p>9:00 am Coffee & Chat EV BB 9:30 am Writing Club EV CR 9:30 am Red Carpet MSP 10:30 am Knitters/Crocheters RW AS 1:00 pm Red Carpet BEC 1:00 pm Cork Key Rings EV AS 1:30 pm Blood Pressure Clinic WWC 2:00 pm Seasons of Change Chapel 2:00 pm Poet Annette Billings CAC 3:30 pm Sign Language Class EV CR 6:00 pm Mex Train Dominoes RW GR 6:30 pm Rummikub EV BB</p>
<p>WEDNESDAY, APRIL 8 Happy Birthday Jane Hall (BC) John Stauffer (BC)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>SEVERE WEATHER PREPAREDNESS CHATS Aspen Cottages Morning door-to-door visit Birchwood Cottages Afternoon door-to-door visit</p> </div>	<p>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</p>	<p>9:00 am Coffee & Chat EV BB 10:00 am Walmart Shopping Shuttle 10:30 am Wood Painting EV AS 6:30 pm Mex Train Dominoes EV BB</p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px; text-align: center;"> <p>Branson Trip Departs Hosted by Jen and Jamie</p> </div>
<p>THURSDAY, APRIL 9</p>	<p>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</p>	<p>9:00 am Coffee & Chat EV BB 10:30 am Pieced Block of Month RW AS 1:00 pm Bridge RW GR 1:00 pm Open Studio RW AS 3:00 pm Spiritual Life Cmte. Chapel 3:30 pm Sign Language Class EV CR 6:00 pm 313 Game Group RW GR</p>
<p>FRIDAY, APRIL 10</p>	<p>10:15 am Chair Yoga BEC WC</p>	<p>9:00 am Coffee & Chat EV BB 9:30 am Quilting Group RW AS 10:00 am Shopping at Dillons Shuttle 10:00 am Safety/Security/Transportation Mtg S Terr 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</p>
<p>SATURDAY, APRIL 11 Happy Birthday Glen Feuerborn</p>	<p>7:00 am Pickleball CAC 10:15 am Chair Yoga BEC WC</p>	<p>9:00 am Coffee & Chat EV BB 10:00 am Storywise Chat MSP 4:00 pm Saturday Social EV BB 6:00 pm Rummikub RW GR 6:45 pm Topeka Symphony Shuttle</p>
<p>SUNDAY, APRIL 12 Happy Birthday Sharon Aderman Tina Rajala Paula Harbert (BC) Virginia Schoeller (BC)</p>		<p>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</p>

THIS WEEK'S MOVIES on BPTV 1960

TUESDAY at 2:00 pm & 7:00 pm; SATURDAY at 3:00 pm
Wonder (2017 drama) After being homeschooled all his life, a boy with facial differences attends a traditional school, where he must find friends among his bullies. (starring Julia Roberts and Owen Wilson)

THURSDAY at 2:00 pm & 7:00 pm; SUNDAY at 6:00 pm
The Thursday Murder Club (2025 comedy thriller) Helen Mirren, Pierce Brosnan, Ben Kingsley and Celia Imrie star as a group of senior sleuths investigating a murder in an English retirement community.