

# WELLNESS OPPORTUNITIES — MAY 11—17, 2026

DATE	EXERCISE CLASSES	GROUPS, GAMES, EVENTS																																																												
<p><b>MONDAY, MAY 11</b></p> <p><b>Happy Birthday</b> Harry Craig, Jr. Sharon Groff</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">  <p style="font-size: small; margin: 0;">NATIONAL SKILLED NURSING CARE WEEK MAY 10—16, 2026 MOMENTS <i>in</i> BLOOM</p> </div>	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 15%;">8:25 am</td><td style="width: 35%;">Low Impact Aerobics</td><td style="width: 15%;">BEC WC</td></tr> <tr><td>9:30 am</td><td>Senior Circuit</td><td>WWC</td></tr> <tr><td>10:15 am</td><td>Sit 'n Bee Fit</td><td>BEC WC</td></tr> <tr><td>10:15 am</td><td>Chair Yoga</td><td>WWC</td></tr> <tr><td>11:00 am</td><td>Weights/Theraband</td><td>BEC WC</td></tr> <tr><td>11:50 am</td><td>Shallow Circuit</td><td>BEC AC</td></tr> <tr><td>1:15 pm</td><td>Cardio Splash</td><td>BEC AC</td></tr> <tr><td>2:00 pm</td><td>Talk and Tread</td><td>BEC AC</td></tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 15%;">9:00 am</td><td style="width: 45%;">Coffee &amp; Chat</td><td style="width: 40%;">EV BB</td></tr> <tr><td>9:30 am</td><td>Quilting Group</td><td>RW AS</td></tr> <tr><td>1:00 pm</td><td>Card Games</td><td>RW GR</td></tr> <tr><td>1:00 pm</td><td>Open Studio</td><td>EV AS</td></tr> <tr><td><b>1:30 pm</b></td><td><b>Food Committee</b></td><td><b>MSP</b></td></tr> <tr><td>1:30 pm</td><td>Card Games</td><td>EV BB</td></tr> <tr><td><b>2:00 pm</b></td><td><b>Mindful Meditation</b></td><td><b>Chapel</b></td></tr> <tr><td>4:00 pm</td><td>Social</td><td>MSP</td></tr> <tr><td><b>5:30 pm</b></td><td><b>Jazz Ensemble</b></td><td><b>CAC</b></td></tr> <tr><td>6:00 pm</td><td>313 Game Group</td><td>RW GR</td></tr> <tr><td>6:15 pm</td><td>Cribbage</td><td>EV BB</td></tr> <tr><td><b>6:30 pm</b></td><td><b>Festival Singers</b></td><td><b>Shuttle</b></td></tr> </table>	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	<b>1:30 pm</b>	<b>Food Committee</b>	<b>MSP</b>	1:30 pm	Card Games	EV BB	<b>2:00 pm</b>	<b>Mindful Meditation</b>	<b>Chapel</b>	4:00 pm	Social	MSP	<b>5:30 pm</b>	<b>Jazz Ensemble</b>	<b>CAC</b>	6:00 pm	313 Game Group	RW GR	6:15 pm	Cribbage	EV BB	<b>6:30 pm</b>	<b>Festival Singers</b>	<b>Shuttle</b>
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## THIS WEEK'S MOVIES on BPTV 1960

**TUESDAY at 2:00 pm & 7:00 pm; SATURDAY at 3:00 pm**  
***Steel Magnolias (1989 classic drama)*** Six women in a small Southern town share gossip and solve problems at the local beauty parlor, anchoring each other through life's ups and downs (starring Sally Field, Dolly Parton, Shirley MacLaine, Olympia Dukakis and Julia Roberts)

**THURSDAY at 2:00 pm & 7:00 pm; SUNDAY at 6:00 pm**  
***Remarkably Bright Creatures (2026 drama based on a book)***  
 While working nights at a small-town aquarium, a widow bonds with a clever octopus and an adrift young man in this moving drama based on the bestseller. (starring Sally Field, Lewis Pullman and Alfred Molina)