


WELLNESS OPPORTUNITIES — MAY 4—10, 2026

| DATE | EXERCISE CLASSES | GROUPS, GAMES, EVENTS |
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| MONDAY, MAY 4  | 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 | 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 6:00 pm 313 Game Group RW GR 6:15 pm Cribbage EV BB |
| TUESDAY, MAY 5 Happy Birthday Carolyn Krull <div style="border: 1px solid black; padding: 5px; text-align: center;"> <i>Cinco de Mayo</i> Celebrate Cinco de Mayo with a Special Lunch (\$10 each) 11:30 am—1:00 pm Cultural Arts Center </div> | 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 | 9:00 am Coffee & Chat EV BB 9:30 am Writing Club EV CR 9:30 am Red Carpet MSP 11:30 am Cinco de Mayo Lunch CAC \$10 per person 1:00 pm Red Carpet BEC 3:30 pm Sign Language Class EV CR 6:00 pm Mex Train Dominoes RW GR 6:30 pm Rummikub EV BB |
| WEDNESDAY, MAY 6 Happy Birthday Mary Pfeifer Curtis Sneden (BC) <div style="border: 1px solid black; padding: 5px; text-align: center;"> Nurses Week May 6-12 </div> | 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 | 9:00 am Coffee & Chat EV BB 10:00 am Walmart Shopping Shuttle 10:30 am Lunch Out and Tour Shuttle Grace Cathedral 1:30 pm Therapy Dog Visit AL 1:30 pm Blood Pressure Clinic EV Library 6:30 pm Mex Train Dominoes EV BB |
| THURSDAY, MAY 7 Happy Birthday Jean Rader | 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 | 9:00 am Coffee & Chat EV BB 1:00 pm Thaine Hoffman, Wild CAC Adventures Part 2 1:00 pm Bridge RW GR 1:00 pm Open Studio RW AS 6:00 pm 313 Game Group RW GR 3:30 pm Sign Language Class EV CR 6:30 pm Cellos at the Opera Shuttle |
| FRIDAY, MAY 8 Happy Birthday Kelly Deshaum (BC) Happy Anniversary Jim and Jan Litfin | 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 10:00 am Safety/Security/ S Terrace Transportation Mtg 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, MAY 9 Happy Birthday Sally Gilliland | 7:00 am Pickleball CAC 10:15 am Chair Yoga BEC WC | 9:00 am Coffee & Chat EV BB 9:30 am Evergreens 3rd Floor EV BB Coffee 10:00 am Storywise Chat MSP 4:00 pm Saturday Social EV BB 6:00 pm Rummikub RW GR |
| SUNDAY, MAY 10 Happy Birthday Bill Schmidt | | 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
The Summer Book (2025 nostalgic drama) On a tranquil Finnish island, young Sophia comes into her own while exploring the wonders of the natural world at her family's seasonal home alongside her father (Anders Danielsen Lie) and grandmother (Glenn Close). Adapted from Tove Jansson's beloved novel, *The Summer Book* is a delicate account of growing up and growing old.

THURSDAY at 2:00 pm & 7:00 pm; SUNDAY at 6:00 pm
The Discoverers (2014 comedy drama) Griffin Dunne leads an award-winning ensemble in this hilarious, heartfelt road movie about a family forced on a Lewis and Clark historical reenactment trek, who discover themselves and each other as they journey across America.