

WELLNESS OPPORTUNITIES — SEPTEMBER 7—13, 2026

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, SEPTEMBER 7 Happy Birthday Phil Stone (BC)	Labor Day Offices are closed. No mail delivery. The Market is closed.					
TUESDAY, SEPTEMBER 8 Happy Birthday Jean Worthington Happy Anniversary Louis and Karen Oard	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/Breathing	WWC	10:00 am	Caregiver’s Support	Chapel
	11:30 am	Fall Prevention Tai Chi	WWC	10:00 am	Make Earrings	EV AS
	1:15 pm	Cardio Splash	BEC AC	10:15 am	Resident Marketing Committee	EV CR
	2:00 pm	Talk and Tread	BEC AC			
				1:00 pm	Red Carpet	Canceled
				1:00 pm	Make Necklaces	EV AS
				1:30 pm	Blood Pressure Clinic	WWC
				3:30 pm	Sign Language Class	EV CR
				4:15 pm	Triple Time Trio Jazz	CAC
				6:00 pm	Mex Train Dominoes	RW GR
				6:30 pm	Rummikub	EV BB
WEDNESDAY, SEPTEMBER 9 Happy Birthday Margaret Owen (BC) Happy Anniversary Glenn and Barbara Wehking	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	10:00 am	Pieced Block of the Month	RW AS
	10:15 am	Sit ‘n Bee Fit	BEC WC			
	11:00 am	Weights/Theraband	BEC WC	11:15 am	Walking Tour of SN County Historical Society and Lunch at Townsite Plaza	Shuttle
	12:15 pm	Shallow Circuit	BEC AC			
	1:15 pm	B Chi	BEC AC	10:00 am	Walmart Shopping	Shuttle
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Holiday Wreaths	RW AS
				6:00 pm	Spinner and Skip Bo	RW GR
				6:30 pm	Mex Train Dominoes	EV BB
THURSDAY, SEPTEMBER 10 Happy Birthday Bob Kerchner Clarene Wilms	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	10:00 am	Resident Council Meeting	CAC
	10:15 am	Balance/Breathing	WWC			
	1:15 pm	Cardio Splash	BEC AC	10:30 am	Resident Bible Study	KAC
	2:00 pm	Talk and Tread	BEC AC	1:00 pm	Bridge	RW GR
				1:00 pm	Open Studio	RW AS
				6:00 pm	313 Game Group	RW GR
FRIDAY, SEPTEMBER 11 Happy Birthday Elizabeth Kopf Tom Mansfield Leigh Richards Kent Weatherby Grace Wilson	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee & Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	Quilting Group	RW AS
	10:15 am	Chair Yoga	BEC WC	10:00 am	Shopping at Dillons	Shuttle
	1:15 pm	Cardio Splash or Shallow Circuit	BEC AC	10:00 am	Safety/Security/Transportation Mtg	S Terr
	2:00 pm	Talk and Tread or B Chi	BEC AC	1:00 pm	BINGO	MSP
	Friday Pool Classes Pool classes on Fridays will alternate each week with a more aerobic class at 1:15 pm and a less strenuous class at 2:00 pm.			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, SEPTEMBER 12 Happy Birthday Linda Jackson	7:00 am	Pickleball	CAC	9:00 am	Coffee & Chat	EV BB
	10:15 am	Chair Yoga	BEC WC	9:30 am	EV 3rd Floor Coffee	EV BB
				10:00 am	Storywise Chat	MSP
				1:30 pm	Games for All	EV BB
				4:00 pm	Saturday Social	EV Gazebo
				6:00 pm	Rummikub	RW GR
SUNDAY, SEPTEMBER 13 Happy Birthday Sharon Fundis				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 1992

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 Dolly Parton, Sally Field, and Julia Roberts)

THURSDAY at 2:00 pm & 7:00 pm; SUNDAY at 6:00 pm
Hello, My Name Is Doris (2016 heartwarming comedy)
Doris is a 70-something cubicle worker (Sally Field) who develops an obsessive crush on a much younger co-worker (Max Greenfield).