WELLNESS OPPORTUNITIES — OCTOBER 5—11, 2026

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, OCTOBER 5 **Halloween Is Coming!** **NEEDED:** Hosts for tables (outside) to hand out candy to trick or treaters! **BHC Trick or Treat Event** **Thursday, October 29** **6:00—7:30 pm** **Call Riley at 785-274-3385 to sign up!**	8:25 am 9:30 am 10:15 am 10:15 am 11:00 am 12:15 pm 1:15 pm 2:00 pm	Low Impact Aerobics Senior Circuit Sit 'n Bee Fit Chair Yoga Weights/Theraband Shallow Circuit B Chi 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 **1:00 pm** 1:30 pm 4:00 pm 6:00 pm	Coffee & Chat Quilting Group Card Games Open Studio **Annual Pet Blessing** Card Games Social 313 Game Group	EV BB RW AS RW GR EV AS **MSP Patio** EV BB MSP RW GR
TUESDAY, OCTOBER 6 **Happy Birthday** Marybeth Bramlett (BC) **Video: Journey of Generosity Foundation Event** 8:30 am and 4:00 pm | BPTV 1992	8:25 am 9:30 am 10:15 am 11:30 am 1:15 pm 2:00 pm	Low Impact Aerobics Senior Circuit Balance/Breathing Fall Prevention Tai Chi Cardio Splash Talk and Tread	BEC WC WWC WWC Canceled BEC AC BEC AC	9:00 am **9:30 am** **9:30 am** **1:00 pm** **1:00 pm** **1:00 pm** **3:30 pm** 6:00 pm 6:30 pm	Coffee & Chat **Writing Club** **Red Carpet** **Bazaar Finishing** **Red Carpet** **Sara Tucker Presents: History of Islam** **Sign Language Class** Mex Train Dominoes Rummikub	EV BB **EV CR** **MSP** **EV AS** **BEC** **CAC** **EV CR** RW GR EV BB
WEDNESDAY, OCTOBER 7 **Happy Birthday** Beverly Nicholas Frances Wood	8:25 am 9:30 am 10:15 am 11:00 am 12:15 pm 1:15 pm 2:00 pm	Low Impact Aerobics Senior Circuit Sit 'n Bee Fit Weights/Theraband Shallow Circuit B Chi Talk and Tread	BEC WC WWC BEC WC BEC WC BEC AC BEC AC BEC AC	9:00 am 10:00 am **11:00 am** **1:30 pm** **1:30 pm** 6:00 pm 6:30 pm	Coffee & Chat Walmart Shopping **Bus Tour with Shawnee County Historical Society's Bob Totten** **Therapy Dog Visit** **Blood Pressure Clinic** Spinner and Skip Bo Mex Train Dominoes	EV BB Shuttle **Shuttle** **AL** **EV Library** RW GR EV BB
THURSDAY, OCTOBER 8 **Happy Birthday** Lynda Buchanan **Video: Journey of Generosity Foundation Event** Noon and 7:00 pm | BPTV 1992	8:25 am 9:30 am 10:15 am 1:15 pm 2:00 pm	Low Impact Aerobics Senior Circuit Balance/Breathing Cardio Splash Talk and Tread	BEC WC WWC WWC BEC AC BEC AC	9:00 am **10:00 am** **10:00 am** **1:00 pm** 1:00 pm 1:00 pm **3:00 pm** **6:00 pm** 6:00 pm	Coffee & Chat **My Faith Journey Music Program with Nancy Fuller** **Bazaar Finishing** **Disney Movie: Coco** Bridge Open Studio **Spiritual Life Committee** **Topeka Civic Theatre** 313 Game Group	EV BB **CAC** **EV AS** **CAC** RW GR RW AS **Chapel** **Shuttle** RW GR
FRIDAY, OCTOBER 9 **Video: Journey of Generosity Foundation Event** 8:30 am and 2:00 pm | BPTV 1992	8:25 am 9:30 am 10:15 am 1:15 pm 2:00 pm	Low Impact Aerobics Senior Circuit Chair Yoga Cardio Splash or Shallow Circuit Talk and Tread or B Chi	BEC WC WWC BEC WC BEC AC BEC AC	9:00 am 9:30 am 10:00 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 Shopping at Dillons **Bazaar Foodie Mtg** **Safety/Security/ Transportation Mtg** BINGO Rummikub Play Pool Games for All Happy Hour Skip Bo	EV BB RW AS Shuttle **Chapel** **S Terr** MSP EV BB KAC EV BB EV BB RW GR
SATURDAY, OCTOBER 10 **Happy Birthday** Pat Greenwood Louis Oard	7:00 am 10:15 am	Pickleball Chair Yoga	CAC BEC WC	9:00 am **9:30 am** 10:00 am 1:30 pm 4:00 pm 6:00 pm	Coffee & Chat **EV 3rd Floor Coffee** Storywise Chat Games for All Saturday Social Rummikub	EV BB **EV BB** MSP EV BB EV Gazebo RW GR
SUNDAY, OCTOBER 11				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 1992

TUESDAY at 2:00 pm & 7:00 pm; SATURDAY at 3:00 pm
Mark Felt—The Man Who Brought Down the White House (2017 historical drama) Centers on the true story of "Deep Throat," the notorious whistleblower in Watergate scandal.

THURSDAY at 2:00 pm & 7:00 pm; SUNDAY at 6:00 pm
Hello, Dolly! (1969 musical comedy) Dolly Levi uses her match-making skills in New York City to orchestrate the love lives of her friends, all the while trying to get the man she likes to fall for her.