# WELLNESS OPPORTUNITIES | NOVEMBER 23 - 29, 2026

**THANKSGIVING BREAKFAST | MONDAY, NOVEMBER 23 | 8:00 - 10:30 am | CAC**

***For residents, Staff and BrewsterConnect Members***

Enjoy breakfast, fellowship, ornament making and pick up your complimentary Brewster Place t-shirt. See you there!

| DATE | EXERCISE CLASSES | | | GROUPS, GAMES, EVENTS | | |
|---|---|---|---|---|---|---|
| **MONDAY, NOVEMBER 23**<br>**HAPPY BIRTHDAY**<br>Ellen Brown<br>Nancy Kalthoff<br>**HAPPY ANNIVERSARY**<br>Bruce and Glenda Bower | 8:25 am<br>9:30 am<br>10:15 am<br>10:15 am<br>11:00 am<br>12:15 pm<br>1:15 pm<br>2:00 pm | Low Impact Aerobics<br>Senior Circuit<br>Sit and Stand Cardio<br>Chair Yoga<br>Weights and Bands<br>Aquacize<br>B Chi<br>Aqua Strong | BEC WC<br>WWC<br>BEC WC<br>WWC<br>BEC WC<br>BEC AC<br>BEC AC<br>BEC AC | **8:00 am**<br><br>9:00 am<br>9:30 am<br>1:00 pm<br>1:00 pm<br>1:30 pm<br>**2:00 pm**<br>4:00 pm<br>6:00 pm | **Thanksgiving Breakfast**<br>Coffee and Chat<br>Quilting Group<br>Card Games<br>Open Studio<br>Card Games<br>**Mindful Meditation**<br>Social<br>313 Game Group | **CAC**<br><br>EV BB<br>RW AS<br>RW GR<br>EV AS<br>EV BB<br>**Chapel**<br>MSP<br>RW GR |
| **TUESDAY, NOVEMBER 24**<br>**HAPPY BIRTHDAY**<br>Patricia Watson | 8:25 am<br>9:30 am<br>10:15 am<br>11:30 am<br>1:15 pm<br>2:00 pm | Low Impact Aerobics<br>Senior Circuit<br>Balance/Breathing<br>Fall Prevention Tai Chi<br>Cardio Splash<br>Aqua Strong | BEC WC<br>WWC<br>WWC<br>WWC<br>BEC AC<br>BEC AC | 9:00 am<br>**10:00 am**<br>**10:00 am**<br>**10:30 am**<br>**1:30 pm**<br>**2:00 pm**<br>**2:00 pm**<br>**3:30 pm**<br>6:00 pm<br>6:30 pm | Coffee and Chat<br>**Shopping at Dillons**<br>**Tea Towel Tuesday**<br>**4th Tuesday Book Club**<br>**Blood Pressure Clinic**<br>**Birthday Party**<br>**Seasons of Grief**<br>**Brew Choir Practice**<br>Mex Train Dominoes<br>Rummikub | EV BB<br>**Shuttle**<br>**RW AS**<br>**Chapel**<br>**WWC**<br>**CAC**<br>**Chapel**<br>**Chapel**<br>RW GR<br>EV BB |
| **WEDNESDAY, NOVEMBER 25**<br>**HAPPY BIRTHDAY**<br>Beckie Stithem (BC) | 8:25 am<br>9:30 am<br>10:15 am<br>11:00 am<br>12:15 pm<br>1:15 pm<br>2:00 pm | Low Impact Aerobics<br>Senior Circuit<br>Sit and Stand Cardio<br>Weights and Bands<br>Aquacize<br>B Chi<br>Aqua Strong | BEC WC<br>WWC<br>BEC WC<br>BEC WC<br>BEC AC<br>BEC AC<br>BEC AC | 9:00 am<br>**10:00 am**<br><br>10:00 am<br>**11:00 am**<br>**4:00 pm**<br>6:00 pm<br>6:30 pm | Coffee and Chat<br>**Paper Pieced Block of the Month**<br>Aldi's Shopping<br>**Festival of Trees**<br>**Sign Language Class**<br>Spinner Dom/Skip Bo<br>Mex Train Dominoes | EV BB<br>**EV AS**<br><br>Shuttle<br>**Shuttle**<br>**EV CR**<br>RW GR<br>EV BB |
| **THURSDAY, NOVEMBER 26**<br>**HAPPY BIRTHDAY**<br>Joyce Anderson (BC)<br>**Reminders:**<br>No mail today.<br>All offices are closed.<br>The Market is closed. | *Happy Thanksgiving!*<br>**Thanksgiving Menu**<br>Redwood and Evergreens Grill<br>**Meal Served 4:00 - 6:30 pm**<br>• Honey Pecan Ham<br>• Lemon Pepper Turkey<br>• Truffle Mashed Potatoes<br>• Turkey Gravy<br>• Traditional Stuffing<br>• Maple Glazed Sweet Potatoes<br>• Green Bean Casserole<br>• Assorted Rolls<br>• Orange Champagne Cranberry Sauce<br>• Pumpkin Pie<br>• Pecan Pie | | | | | |
| **FRIDAY, NOVEMBER 27**<br>**HAPPY BIRTHDAY**<br>June Truan<br>John Brownson (BC) | 8:25 am<br>9:30 am<br>10:15 am<br>11:00 am<br>1:15 pm<br>2:00 pm | Low Impact Aerobics<br>Senior Circuit<br>Chair Yoga<br>Weights and Bands<br>Aquacize<br>Aqua Strong | Canceled | 9:00 am<br>9:30 am<br>**10:00 am**<br><br>1:00 pm<br>1:30 pm<br>1:30 pm<br>1:30 pm<br>4:00 pm<br>6:00 pm | Coffee and Chat<br>Quilting Group<br>**Shopping at Dillons is on Tuesday**<br>BINGO<br>Rummikub<br>Play Pool<br>Games for All<br>Happy Hour<br>Skip Bo | EV BB<br>RW AS<br><br>Canceled<br>EV BB<br>KAC<br>EV BB<br>EV BB<br>RW GR |
| **SATURDAY, NOVEMBER 28** | 7:00 am<br>10:15 am | Pickleball<br>Chair Yoga | Canceled<br>BEC WC | 9:00 am<br>**9:30 am**<br><br>10:00 am<br>1:30 pm<br>4:00 pm<br>6:00 pm | Coffee and Chat<br>**Evergreens 2nd Floor Coffee**<br>Storywise Chat<br>Games for All<br>Saturday Social<br>Rummikub | EV BB<br>**EV BB**<br><br>MSP<br>EV BB<br>EV Gazebo<br>RW GR |
| **SUNDAY, NOVEMBER 29**<br>**HAPPY BIRTHDAY**<br>Carolyn Ash | | | | 9:30 am<br>1:00 pm<br>2:30 pm<br>6:00 pm | Morning Devotions<br>Worship Service<br>Vespers<br>Mex Train Dominoes | EV BB<br>BHC<br>Chapel<br>RW GR |

**Coming December 1**
**Bake Sale to Benefit Staff Angel Trees**
**10:30 am - Noon and 1:00 - 2:30 pm**
**Outside of Cultural Arts Center**

## THIS WEEK'S MOVIES ON BPTV 1992

**TUESDAY at 2:00 pm and 7:00 pm**
**SATURDAY at 3:00 pm**
***To be determined! Tune to BPTV 1992 to find out!***

**THURSDAY at 2:00 pm and 7:00 pm**
**SUNDAY at 6:00 pm**
***To be determined! Tune to BPTV 1992 to find out!***