WELLNESS OPPORTUNITIES | NOVEMBER 9 - 15, 2026

DATE	EXERCISE CLASSES			GROUPS, GAMES, EVENTS		
MONDAY, NOVEMBER 9 **HAPPY BIRTHDAY** Joyce Knott (BC)	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee and Chat	EV BB
	9:30 am	Senior Circuit	WWC	9:30 am	Quilting Group	RW AS
	10:15 am	Sit and Stand Cardio	BEC WC	1:00 pm	Card Games	RW GR
	10:15 am	Chair Yoga	WWC	1:00 pm	Open Studio	EV AS
	11:00 am	Weights/Theraband	BEC WC	**1:30 pm**	**Food Committee**	**EV CR**
	12:15 pm	Aquacize	BEC AC	1:30 pm	Card Games	EV BB
	1:15 pm	B Chi	BEC AC	**2:00 pm**	**Mindful Meditation**	**Chapel**
	2:00 pm	Aqua Strong	BEC AC	4:00 pm	Social	MSP
				6:00 pm	313 Game Group	RW GR
TUESDAY, NOVEMBER 10 **HAPPY BIRTHDAY** Ginger Cain Davis Alice Eberhart-Wright	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee and Chat	EV BB
	9:30 am	Senior Circuit	WWC	**10:00 am**	**Caregiver's Suppoert**	**Chapel**
	10:15 am	Balance/Breathing	WWC	**10:15 am**	**Resident Marketing Committee**	**EV CR**
	11:30 am	Fall Prevention Tai Chi	WWC			
	1:15 pm	Cardio Splash	BEC AC	**1:00 pm**	**Veterans Day Program**	**CAC**
	2:00 pm	Aqua Strong	BEC AC	**1:30 pm**	**Blood Pressue Clinic**	**WWC**
				2:00 pm	**Seasons of Grief**	**Chapel**
				3:30 pm	**Brew Choir Practice**	**Chapel**
				5:30 pm	**Topeka Big Band**	**CAC**
				6:00 pm	Mex Train Dominoes	RW GR
				6:30 pm	Rummikub	EV BB
WEDNESDAY, NOVEMBER 11 **Veterans Day** 	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee and Chat	EV BB
	9:30 am	Senior Circuit	WWC	**9:30 am**	**Holiday Shopping at Legends in KC**	**Shuttle**
	10:15 am	Sit and Stand Cardio	BEC WC			
	11:00 am	Weights/Theraband	BEC WC	**10:00 am**	**Pieced Block of the Month**	**RW AS**
	12:15 pm	Aquacize	BEC AC			
	1:15 pm	B Chi	BEC AC	10:00 am	Aldi's Shopping	Shuttle
	2:00 pm	Aqua Strong	BEC AC	**4:00 pm**	**Sign Language Class**	**EV CR**
				6:00 pm	Spinner Dom/Skip Bo	RW GR
				6:30 pm	Mex Train Dominoes	EV BB
THURSDAY, NOVEMBER 12	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee and 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	**1:00 pm**	**KU Osher: Civil War**	**CAC**
	2:00 pm	Aqua Strong	BEC AC	1:00 pm	Bridge	RW GR
				1:00 pm	Open Studio	RW AS
				6:00 pm	313 Game Group	RW GR
FRIDAY, NOVEMBER 13 **HAPPY BIRTHDAY** Margaret Carlson Sondra Hafenstein Susan Holm	8:25 am	Low Impact Aerobics	BEC WC	9:00 am	Coffee and 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**	**Safety/Security/ Transportation Mtg**	**S Terr**
	11:00 am	Weights/Theraband	BEC WC			
	1:15 pm	Aquacize	BEC AC	10:00 am	Shopping at Dillons	Shuttle
	2:00 pm	Aqua Strong	BEC AC	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, NOVEMBER 14 **HAPPY BIRTHDAY** Larry Bowser Toni Lippincott Sharon Mannschreck Tom Shea Connie Beckett (BC) Karen Parker (BC)	7:00 am	Pickleball	CAC	9:00 am	Coffee and Chat	EV BB
	10:15 am	Chair Yoga	BEC WC	**9:30 am**	**Evergreens 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, NOVEMBER 15				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 and 7:00 pm
SATURDAY at 3:00 pm

The Catcher Was a Spy (2018 biographical war drama)

Directed by Ben Lewin that stars Paul Rudd as Moe Berg, a multilingual former Major League Baseball player who worked as an operative for the Office of Strategic Services (OSS) during World War

THURSDAY at 2:00 pm and 7:00 pm
SUNDAY at 6:00 pm

The Art of Racing in the Rain (2019 drama)

Academy Award winner Kevin Costner voices Enzo, a thoughtful dog who tells the story of watching his owner live a life of passion and heartache.