



BERWICK

Sunday, August 30, 2026

10:00 AM Cardio & Core, Zoom Room

10:45 AM Better Balance, Zoom Room

1:00 PM Crafters Corner With Friends, 4th Floor Lounge

1:30 PM Bingo, Bears Den

3:30 PM Berwick Book Club: Book Return and Closing Discussions, Bears Den

6:30 PM Documentary Sunday: Chris & Martina: The Final Set (2026), Theatre Room