

BRAND SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fall Bean Dinner food - crafts - quilts - fun Saturday, Dec. 10 10 a.m1 p.m. Adults \$6 / Children (12 and under) \$3 Quilt Drawing 6 TICKETS: \$5 // 1 TICKET: \$1		9 am - Woodcarving 10 am - Lucid Hearing Screening 11 am - Speaker: Lezley Bell with Caption Call 10:15 am - Chair Yoga 12:30 pm - Cornhole	9 am - Art Class 10 am - MCOA General Meeting 10:15 am - Exercise 11 am - Speaker: Oak Street Health 12:15 pm - Bingo with Kristin 2 pm - Table Tennis
9 am - Classic Movie Coal Miner's Daughter 10:15 am - Exercise 12:30 - Karaoke	8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Wii Bowling 10 am - Country Music House Singers 10:15 am - Chair Yoga 12:30 pm - Tai Chi	9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	9 am - Woodcarving 10 am - S.A.L.T. Meeting with Kim Lopez 10:15 am - Chair Yoga 11 am - Speaker: Tracey Benda with Dept. of Homeland Security 12:30 pm - Cornhole	9 am - Art Class 10:15 am - Exercise 2 pm - Table Tennis
9 am - Classic Movie Something's Got to Give 10:15 am - Exercise	8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Wii Bowling 10:15 am - Chair Yoga 12:30 pm - Tai Chi	9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	9 am - Woodcarving 10:15 am - Chair Yoga 11 am - Speaker: Rose with Global Health Medicare Advantage 12:30 pm - Cornhole	9 am - Art Class 10:15 am - Exercise 12:15 pm - Bingo with Terry & Wanda 2 pm - Table Tennis
9 am - Classic Movie Book Club 10 am - MCOA Board Meeting 10:15 am - Exercise 12:15 pm - Bingo with Scott	8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Wii Bowling 10 am - Country Music House Singers 10:15 am - Chair Yoga 12:30 pm - Tai Chi	9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 11:45 am - Fresh Cobbler provided by Village on the Park 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	9 am - Woodcarving 10 am - Accentra Blood Pressure Checks 10:15 am - Chair Yoga 12:15 pm - Christmas Party	CLOSED Christmas
CLOSED Christmas	8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Wii Bowling 10 am - Library Checkout 10:15 am - Chair Yoga 12:30 pm - Tai Chi	9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	9 am - Woodcarving 10:15 am - Chair Yoga 12:30 pm - Cornhole	9 am - Art Class 10:15 am - Exercise 2 pm - Table Tennis

^{*}Limited space. Must sign up in office for this class or activity.



