




City of Moore
BRAND SENIOR CENTER

AUG
2024

Moore Area Transportation Only Call 405-799-3130

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>9:00 Woodcarving 10:15 Chair Yoga 11:00 Speaker Jeremy w/Global Health 11:15 Rootbeer Floats 12:30 Corn Hole</p> <p>1</p>	<p>9:00 Open Art Studio 10:15 Exercise 11:00 August Birthday's 12:15 Bingo w/Flora 2:00 Table Tennis</p> <p><i>HAPPY Birthday</i></p> <p>2</p>
<p>9:00 Classic Movie "Dark Encounter" 10:15 Exercise</p> <p>5</p>	<p>8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Wii Bowling 10:15 Chair Yoga</p> <p>6</p>	<p>9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie</p> <p>7</p>	<p>9:00 Woodcarving 10:15 Chair Yoga 12:30 Corn Hole</p> <p>8</p>	<p>9:00 Open Art Studio 10:15 Exercise 12:15 Bingo w/Terry 2:00 Table Tennis</p> <p>9</p>
<p>9:00 Classic Movie "Agatha and the Truth of Murder" 10:15 Exercise</p> <p>12</p>	<p>8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Library w/Cheyenne 10:00 Wii Bowling 10:15 Chair Yoga</p> <p>13</p>	<p>9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie</p> <p>14</p>	<p>9:00 Woodcarving 10:15 Chair Yoga 12:30 Corn Hole</p> <p>15</p>	<p>9:00 Open Art Studio 10:15 Exercise 2:00 Table Tennis</p> <p>16</p>
<p>9:00 Classic Movie "August Rush" 10:15 Exercise 12:15 Bingo with Scott</p> <p>19</p>	<p>8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Wii Bowling 10:15 Chair Yoga</p> <p>20</p>	<p>9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 11:45 Fresh Cobbler 12:30 Board Games 1:00 Afternoon Movie</p> <p>21</p>	<p>9:00 Woodcarving 10:15 Chair Yoga 11:00 Speaker Linda w/Nutrition 12:30 Corn Hole</p> <p>22</p>	<p>9:00 Open Art Studio 10:15 Exercise 2:00 Table Tennis</p> <p>23</p>
<p>9:00 Classic Movie "Star Trek" 9:45 MCOA Board Meeting 10:15 Exercise</p> <p>26</p>	<p>8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Library w/AJ 10:00 Wii Bowling 10:15 Chair Yoga</p> <p>27</p>	<p>9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie</p> <p>28</p>	<p>9:00 Woodcarving 10:15 Chair Yoga 11:00 Speaker Bettina w/Lifespring 12:00-1:00 BP Checks by Aspire Specialty Hospital 12:30 Corn Hole</p> <p>29</p>	<p>9:00 Open Art Studio 10:15 Exercise 2:00 Table Tennis</p> <p>30</p>



LUNCH PROGRAM
 Inside dining
 Reservations 793-9069

SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

