

BRAND SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED for the New Year's Day	3 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	4 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	5 9 am - Woodcarving 10 am - Hearing Checks with Miracle Ear 10:15 am - Chair Yoga 12:30 pm - Cornhole	6 9 am - Art Class 10:15 am - Exercise 11 am - MCOA General Meeting 12:15 pm - Bingo with Kristin from Oak Street Health 2 pm - Table Tennis
9 9 am - Classic Movie Double Jeopardy 10:15 am - Exercise 12:30 - Karaoke	10 8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Wii Bowling 10:15 am - Chair Yoga	11 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	12 9 am - Woodcarving 10 am - S.A.L.T. Meeting with Kim Lopez 10:15 am - Chair Yoga 11 am - Blood Pressure Checks with Kristin 12 pm - Jewelry Class with Rhonda 12:30 pm - Cornhole	13 9 am - Art Class 10:15 am - Exercise 12:15 pm - Bingo with Terry and Wanda 2 pm - Table Tennis
16 CLOSED for MLK Day	17 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	18 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	19 9 am - Woodcarving 10:15 am - Chair Yoga 11 am - Speaker: Judy Reyes from Ronald McDonald House 12:30 pm - Cornhole	20 9 am - Art Class 10:15 am - Exercise 2 pm - Table Tennis
23 9 am - Classic Movie 88 Minutes 10:15 am - Exercise 12:15 pm - Bingo with Scott	24 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	25 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	26 9 am - Woodcarving 10 am - Blood Pressure Checks with Accentra 10:15 am - Chair Yoga 12 pm - Jewelry Class with Rhonda 12:30 pm - Cornhole	27 9 am - Art Class 10:15 am - Exercise 2 pm - Table Tennis
30 9 am - Classic Movie Snatch 10 am - MCOA Board Meeting 10:15 am - Exercise 12:15 pm - Karaoke	31 8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Wii Bowling 10:15 am - Chair Yoga			

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

SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

