

BRAND SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	2 9 am - Woodcarving 10:15 am - Chair Yoga 12:30 pm - Cornhole	3 9 am - Open Art Studio* 10 am - MCOA General Meeting 10:15 am - Exercise 12:15 pm - Bingo with Kristin from Oak Street Health 2 pm - Table Tennis
6 9 am - Classic Movie Jersey Boys 10:15 am - Exercise 12:30 - Karaoke	7 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	8 9 am - Woodcarving 10:15 am - Exercise 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	9 9 am - Woodcarving 10 am - S.A.L.T. Meeting with Kim Lopez 10:15 am - Chair Yoga 11 am - Speaker: Rhonda with SODA 12 pm - Jewelry & Crafts with Rhonda 12:30 pm - Cornhole	10 9 am - Open Art Studio* 10:15 am - Exercise 12:15 pm - Bingo with Terry 2 pm - Table Tennis
13 9 am - Classic Movie 10:15 am - Exercise	14 8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Wii Bowling 10:15 am - Chair Yoga	15 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	16 9 am - Woodcarving 10:15 am - Chair Yoga 11 am - Speaker: Nile Burge with OU Medicine 12:30 pm - Cornhole	17 9 am - Open Art Studio* 10:15 am - Exercise 12:15 pm - St. Patrick's Day Party 2 pm - Table Tennis
20 9 am - Classic Movie 10:15 am - Exercise	21 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	22 9 am - Woodcarving 10:15 am - Exercise 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	23 9 am - Woodcarving 10:15 am - Chair Yoga 11 am - Speaker: Morgan on Alzheimer's and Dementia 12 pm - Jewelry & Crafts with Rhonda 12:30 pm - Cornhole	24 9 am - Open Art Studio* 10:15 am - Exercise 2 pm - Table Tennis
27 9 am - Classic Movie 10 am - MCOA Board Meeting 10:15 am - Exercise 12:15 pm - Bingo with Scott 12:30 pm - Karaoke	28 8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Library Checkout 10 am - Wii Bowling 10:15 am - Chair Yoga	29 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:30 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	30 9 am - Woodcarving 10:15 am - Chair Yoga 11 am - Speaker: Joe Austin with Food Bank 12:30 pm - Cornhole	31 9 am - Open Art Studio* 10:15 am - Exercise 2 pm - Table Tennis

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

SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

