

# BRAND SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 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	<b>2</b> 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	<b>3</b> 9 am - Woodcarving 10:15 am - Chair Yoga 12:30 pm - Cornhole	<b>4</b> 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
<b>7</b> 9 am - Classic Movie March of the Penguins 10:15 am - Exercise	<b>8</b> 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	<b>9</b> 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	<b>10</b> 9 am - Woodcarving 10 am - S.A.L.T. Meeting with Kim Lopez 10:15 am - Chair Yoga 11 am - Speaker: Lezley Bell on Caption Call 12:15 pm - Veterans Day Party Speaker: Aaron Sloan Entertainment: South Ridge and Highland West Choir	<b>11</b> <b>CLOSED</b> <b>Veterans Day</b>
<b>14</b> 9 am - Classic Movie Night at the Museum 10:15 am - Exercise	<b>15</b> 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	<b>16</b> 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	<b>17</b> 9 am - Woodcarving 10:15 am - Chair Yoga 12:30 pm - Cornhole	<b>18</b> 9 am - Art Class 10:15 am - Exercise 12:15 pm - Bingo with Terry & Wanda 2 pm - Table Tennis
<b>21</b> 9 am - Classic Movie Follow the River 10:15 am - Exercise 12:15 pm - Bingo with Scott	<b>22</b> 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	<b>23</b> 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	<b>24</b> <b>CLOSED</b> <b>Thanksgiving</b>	<b>25</b> <b>CLOSED</b> <b>Thanksgiving</b>
<b>28</b> 9 am - Classic Movie Star Trek 10 am - MCOA Board Meeting 10:15 am - Exercise	<b>29</b> 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	<b>30</b> 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice		

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

## SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

