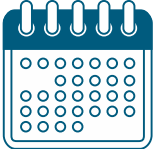


BRAND SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
 <h2>FLU SHOTS OCT. 5</h2> <p>Sign-up by Oct. 1</p>				<p>1</p> <p>9 am - Art Class 10 am - MCOA General Meeting 10:15 am - Exercise 11 am - Moore Police 12:15 pm - Bingo with Donna 1 pm - Smart Phone Basics</p>	2	3
<p>4</p> <p>9 am - Classic Movie McLintock 10:15 am - Exercise LUNCH PROGRAM CLOSED UNTIL OCT. 11</p>	<p>5</p> <p>8:30 am - Open Art Studio 9-11 am - Flu Shots 9:30 am - Stretch, Strengthen & Health 10 am - Country Music House Singers 10:15 am - Chair Yoga 12:30 pm - Table Tennis 12:30 pm - Tai Chi</p>	<p>6</p> <p>9 am - Armchair Travel 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>7</p> <p>9 am - Woodcarving 10 am - Hearts & Cards 10 am - Blood Pressure 10:15 am - Chair Yoga 11 am - Speaker: Moore Funeral Services 12:30 pm - Tai Chi 1 pm - Food Bank Visit</p>	<p>8</p> <p>9 am - Art Class 10:15 am - Exercise 12:15 pm - Bingo with Scott</p>	9	10
<p>11</p> <p>9 am - Classic Movie The Good Shepherd 10:15 am - Exercise LUNCH PROGRAM OPEN</p>	<p>12</p> <p>8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Library Check Out 10:15 am - Chair Yoga 12:30 pm - Table Tennis 12:30 pm - Tai Chi</p>	<p>13</p> <p>9 am - Armchair Travel 10:15 am - Exercise 11:45 am - Cobbler 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>14</p> <p>9 am - Woodcarving 10 am - Hearts & Cards 10 am - Blood Pressure 10:15 am - Chair Yoga 12:30 pm - Tai Chi</p>	<p>15</p> <p>9 am - Art Class 10:15 am - Exercise 12:15 pm - Bingo with Terry and Wanda</p>	16	17
<p>18</p> <p>9 am - Classic Movie Legend of the Lost 10:15 am - Exercise</p>	<p>19</p> <p>8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Country Music House Singers 10:15 am - Chair Yoga 12:30 pm - Table Tennis 12:30 pm - Tai Chi</p>	<p>20</p> <p>9 am - Armchair Travel 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>21</p> <p>9 am - Woodcarving 10 am - Hearts & Cards 10:15 am - Chair Yoga 11 am - Speaker: Medicare Update 12:30 pm - Tai Chi</p>	<p>22</p> <p>9 am - Art Class 10:15 am - Exercise 12:15 pm - Cornhole 1 pm - Computers with AJ (Limit 4) 1 pm - Smart Phone Basics*</p>	23	24
<p>25</p> <p>9 am - Classic Movie The Outsiders 10 am - MCOA Board 10:15 am - Exercise</p>	<p>26</p> <p>8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Library Check Out 10:15 am - Chair Yoga 12:30 pm - Table Tennis</p>	<p>27</p> <p>9 am - Armchair Travel 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>28</p> <p>9 am - Woodcarving 10 am - Hearts & Cards 10:15 am - Chair Yoga 12:30 pm - Tai Chi</p>	<p>29</p> <p>9 am - Art Class 10:15 am - Exercise 12:15 pm - Cornhole 12:15 pm - Halloween Party</p>	30	31

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

SIGN UP IN OFFICE

501 East Main St. | 799-3130

