

BRAND SENIOR CENTER

AUG
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9 am - Classic Movie Heartbreak Ridge 10:15 am - Exercise 1 pm - Wii Bowling</p>	<p>2</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 - Tai Chi</p>	<p>3</p> <p>9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>4</p> <p>9 am - Woodcarving 10:15 am - Chair Yoga 12:30 pm - Cornhole</p>	<p>5</p> <p>9 am - Art Class 10 am - MCOA General Meeting 10:15 am - Exercise 12:15 pm - Bingo (sponsored by Lucid Hearing) 2 pm - Table Tennis</p>
<p>8</p> <p>9 am - Classic Movie O Brother Where Art Thou 10:15 am - Exercise</p>	<p>9</p> <p>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</p>	<p>10</p> <p>9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 11:45 am - Fresh Cobbler (provided by Village on the Park) 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>11</p> <p>9 am - Woodcarving 10 am - S.A.L.T. Meeting 10:15 am - Chair Yoga 11 am - Speaker: Courtney with The Grove 12:30 pm - Cornhole</p>	<p>12</p> <p>9 am - Art Class 10:15 am - Exercise 12:15 - Bingo with Terry 2 pm - Table Tennis</p>
<p>15</p> <p>9 am - Classic Movie Grand Torino 10:15 am - Exercise 1 pm - Wii Bowling</p>	<p>16</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 - Tai Chi</p>	<p>17</p> <p>9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>18</p> <p>9 am - Woodcarving 10 am - Hearing Screening with Lucid Hearing 10:15 am - Chair Yoga 12:30 pm - Cornhole</p>	<p>19</p> <p>9 am - Art Class 10:15 am - Exercise 2 pm - Table Tennis</p>
<p>22</p> <p>9 am - Classic Movie Overboard 10:15 am - Exercise 12:15 pm - Bingo with Scott</p>	<p>23</p> <p>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 12:30 pm - Tai Chi</p>	<p>24</p> <p>9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>25</p> <p>9 am - Woodcarving 10 am - Blood Pressure checks (provided by Accentra) 10:15 am - Chair Yoga 12:30 pm - Cornhole</p>	<p>26</p> <p>9 am - Art Class 10:15 am - Exercise 2 pm - Table Tennis</p>
<p>29</p> <p>9 am - Classic Movie 127 Hours 10 am - MCOA Board Meeting 10:15 am - Exercise</p>	<p>30</p> <p>8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10:15 am - Chair Yoga 12:30 pm - Tai Chi</p>	<p>31</p> <p>9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice</p>		



TRANSPORTATION
Moore Council on Aging (MCOA) Bus
Service call 799-3130 in Moore Area



LUNCH PROGRAM
Inside dining
Reservations 793-9069

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

SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

