

BRAND SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
<p>MOORE SENIOR GAMES Visit cityofmoore.com for more information. Register in office.</p>			<p>1 9 am - Wood Carving 10 am - Blood Pressure Checks 10:15 am - Chair Yoga 10:30 am - Speaker: Valir 12:15 pm - Bingo with Kirk</p>	<p>2 10 am - MCOA General Mtg 10:15 am - Exercise 11 am - Moore Police Department Visit 12:15 pm - 4th of July Party</p>	3	4
<p>5 CLOSED FOR HOLIDAY</p>	<p>6 8:30 am - Open Art Studio 9:30 am - Stretch, Strengthen & Health 10:15 am - Chair Yoga 10 am - Country House Singers</p>	<p>7 9 am - Armchair Travel 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>8 9 am - Wood Carving 9 am - Domino Tournament* 10 am - Hearts & Cards 10:15 am - Chair Yoga 12:15 pm - Bingo with Terry and Wanda</p>	<p>9 10:15 am - Exercise</p>	10	11
<p>12 9 am - Classic Movie Pearl Harbor I 10:15 am - Exercise 1 pm - Tai Chi for Better Balance</p>	<p>13 8:30 am - Open Art Studio 9:30 am - Stretch, Strengthen & Health 10:15 am - Chair Yoga 1 pm - Tai Chi for Better Balance</p>	<p>14 9 am - Armchair Travel 10:15 am - Exercise 11:30 - Cobbler 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>15 9 am - Wood Carving 10 am - Hearts & Cards 10:15 am - Chair Yoga 10:30 - Speaker: Veteran Health Services 12:15 pm - Bingo with Scott</p>	<p>16 10:15 am - Exercise 12:15 pm - Computers with AJ - Limit 4</p>	17	18
<p>19 8-Noon - Hearing Test 9 am - Classic Movie Pearl Harbor II 10:15 am - Exercise 1 pm - Tai Chi for Better Balance</p>	<p>20 8:30 am - Open Art Studio 9:30 am - Stretch, Strengthen & Health 10 am - Country House Singers 10:15 am - Chair Yoga 1 pm - Tai Chi for Better Balance</p>	<p>21 9 am - Armchair Travel 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>22 9 am - Wood Carving 10 am - Hearts & Cards 10:15 am - Chair Yoga</p>	<p>23 10:15 am - Exercise</p>	24	25
<p>26 9 am - Classic Movie Stealth 10 am - MCOA Board 10:15 am - Exercise 1 pm - Tai Chi for Better Balance</p>	<p>27 8:30 am - Open Art Studio 9:30 am - Stretch, Strengthen & Health 10:15 am - Chair Yoga 1 pm - Tai Chi for Better Balance</p>	<p>28 9 am - Armchair Travel 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice</p>	<p>29 9 am - Wood Carving 10 am - Hearts & Cards 10:15 am - Chair Yoga</p>	<p>30 10:15 am - Exercise</p>	31	



DAILY ACTIVITIES
Dominoes • Card Games
Pool • Quilting • Puzzles



LUNCH PROGRAM
Drive through pick-up only.
Reservations 793-9069



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

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

SIGN UP IN OFFICE

501 East Main St. | 799-3130

