

BRAND SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice	2 9 am - Woodcarving 10:15 am - Chair Yoga 11 am - Speaker: Michelle from Sunset Memorial	3 9 am - Art Class 10 am - MCOA General Meeting 10:15 am - Exercise 12:15 pm - Bingo with Terry (sponsored by Lucid Hearing)
6 9 am - Classic Movie The Odd Couple 10:15 am - Exercise 12:30 pm - Cornhole	7 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	8 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 11:45 am - Fresh Cobbler 1 pm - "Not Just Country" Line Dancing Practice	9 9 am - Woodcarving 10:15 am - Chair Yoga 10:30-11:30 am - Talking with your Doctor	10 9 am - Art Class 10:15 am - Exercise 12:15 - Bingo with Terry and Wanda
13 9 am - Classic Movie Wall-E 10:15 am - Exercise 12:30 pm - Cornhole	14 8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10 am - Library Checkout 10:15 am - Chair Yoga 12:30 pm - Tai Chi	15 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice	16 9 am - Woodcarving 10 am - Wii Bowling 10:15 am - Chair Yoga	17 9 am - Art Class 10:15 am - Exercise 12:15 pm - Father's Day Party
20 9 am - Classic Movie Hatari! 10:15 am - Exercise 12:15 pm - Bingo with Scott	21 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	22 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice	23 9 am - Woodcarving 10:15 am - Chair Yoga 11 am - Speaker: Whitney with Medicare Info	24 9 am - Art Class 10:15 am - Exercise 12:30 pm - Cornhole
27 9 am - Classic Movie Once Upon a Time in the West 10 am - MCOA Board Meeting 10:15 am - Exercise	28 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	29 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice	30 9 am - Woodcarving 10 am - Wii Bowling 10:15 am - Chair Yoga	



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

