

BRAND SENIOR CENTER



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| 2 9 am - Classic Movie Guys and Dolls 10:15 am - Exercise | 3 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 | 4 9 am - Armchair Travel 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice | 5 9 am - Woodcarving 10 am - Blood Pressure Checks by Aim Health 10:15 am - Chair Yoga 11 am - Speaker: Charity from Aim Health 12:15 pm - Bingo with Flora | 6 9 am - Art Class 10 am - MCOA General Meeting 10:15 am - Exercise 12:15 pm - Mother's Day Party |
| 9 9 am - Classic Movie Secondhand Lions 10:15 am - Exercise | 10 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 | 11 9 am - Armchair Travel 10:15 am - Exercise 11:45 am - Fresh Cobbler 12:30 pm - Tai Chi | 12 9 am - Woodcarving 10:15 am - Chair Yoga 10 am - Wii Bowling | 13 9 am - Art Class 10:15 am - Exercise 12:15 - Bingo with Terry and Wanda |
| 16 9 am - Classic Movie Sabrina 10:15 am - Exercise | 17 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 | 18 9 am - Armchair Travel 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice | 19 9 am - Woodcarving 10:15 am - Chair Yoga 10:30 pm - Speaker: Archwell Health (Medicare Speaker) | 20 9 am - Art Class 10:15 am - Exercise 12:15 pm - Bingo with Scott |
| 23 9 am - Classic Movie Moneyball 10:15 am - Exercise | 24 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 | 25 9 am - Armchair Travel 10:15 am - Exercise 1 pm - "Not Just Country" Line Dancing Practice | 26 9 am - Woodcarving 10 am - Blood Pressure Checks by Accentra 10:15 am - Chair Yoga | 27 9 am - Art Class 10:15 am - Exercise |
| 30 CLOSED Memorial Day | 31 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 | | | |



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

