


BRAND SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9 am - Classic Movie Dances with Wolves 10:15 am - Exercise	2 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	3 9 am - Armchair Travel 10:15 am - Exercise 12:15 pm - Dominoes 1 pm - "Not Just Country" Line Dancing Practice	4 9 am - Woodcarving 10 am - Hearts & Cards 10 am - Blood Pressure Checks 10:15 am - Chair Yoga 11 am - Speaker: Oak Street Health Services 1 pm - Food Bank Visit	5 9 am - Art Class 10 am - MCOA General Meeting 10:15 am - Exercise 11 am - Moore Police 12:15 pm - Bingo with Donna
8 9 am - Classic Movie Regarding Henry 10:15 am - Exercise	9 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	10 9 am - Armchair Travel 10:15 am - Exercise 11:45 am - Cobbler 12:15 pm - Dominoes 1 pm - "Not Just Country" Line Dancing Practice	11 CLOSED Veterans Day	12 9 am - Art Class 10:15 am - Exercise 12:15 - Bingo with Terry and Wanda 1 pm - Smart Phone Basics
15 9 am - Classic Movie Cast Away 10:15 am - Exercise	16 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	17 9 am - Armchair Travel 10:15 am - Exercise 12:15 pm - Dominoes 1 pm - "Not Just Country" Line Dancing Practice	18 9 am - Woodcarving 10 am - Hearts & Cards 10:15 am - Chair Yoga 11 am - Speaker: Stroke Prevention 1 pm - Computers with AJ*	19 9 am - Art Class 10:15 am - Exercise 12:15 pm - Bingo with Scott 1 pm - Smart Phone Basics
22 9 am - Classic Movie Trading Places 10:15 am - Exercise	23 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	24 9 am - Armchair Travel 10:15 am - Exercise 12:15 pm - Dominoes 1 pm - "Not Just Country" Line Dancing Practice	25 CLOSED Thanksgiving	26 CLOSED Thanksgiving
29 9 am - Classic Movie The Rock 10 am - MCOA Board Meeting 10:15 am - Exercise	30 8:30 am - Open Art Studio* 9:30 am - Stretch, Strengthen & Health 10:15 am - Chair Yoga 12:30 pm - Table Tennis	 <p>TRANSPORTATION Moore Council on Aging (MCOA) Bus Service call 799-3130 in Moore Area</p>		

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

SIGN UP IN OFFICE

501 East Main St. | 799-3130

