

BRAND SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9 am - Woodcarving 10:15 am - Chair Yoga 11-11:25 am - Nutrition: Christy from Cleveland County Extension 12:30 pm - Cornhole	2 9 am - Art Class 10 am - MCOA General Meeting 10:15 am - Exercise 11:10 am - Speaker: Oak Street Health 12:15 pm - Bingo with Kristin 2 pm - Table Tennis
5 CLOSED FOR LABOR DAY	6 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	7 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	8 9 am - Woodcarving 10 am - Blood Pressure checks (provided by Aim Health) 10 am - S.A.L.T. Meeting 10:15 am - Chair Yoga	9 9 am - Art Class 10:15 am - Exercise 12:15 - Bingo with Terry 2 pm - Table Tennis
12 9 am - Classic Movie The Notebook 10:15 am - Exercise	13 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	14 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	15 9 am - Woodcarving 10:15 am - Chair Yoga 11 am - Speaker: OG&E Silver Energy Program 12:30 pm - Cornhole	16 9 am - Art Class 10:15 am - Exercise 2 pm - Table Tennis
19 9 am - Classic Movie The Treasure of the Sierra Madre 10:15 am - Exercise 12:15 pm - Bingo with Scott	20 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	21 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	22 9 am - Woodcarving 10 am - Blood Pressure and Sugar checks (provided by Accentra) 10:15 am - Chair Yoga 12:30 pm - Cornhole	23 9 am - Art Class 10:15 am - Exercise 2 pm - Table Tennis
26 9 am - Classic Movie The Kid 10 am - MCOA Board Meeting 10:15 am - Exercise	27 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	28 9 am - Armchair Travel 9 am - Woodcarving 10:15 am - Exercise 12:15 pm - Board Games 1 pm - "Not Just Country" Line Dancing Practice	29 9 am - Woodcarving 10:15 am - Chair Yoga 11 am - Speaker: Susie Brown on Senior Medicare Benefits 12:30 pm - Cornhole	30 9 am - Art Class 10:15 am - Exercise 2 pm - Table Tennis



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

