

# BRAND SENIOR CENTER

# AUGUST 2022



## CLASSIC MOVIES

### MONDAYS - 9 a.m.

August 1 - Heartbreak Ridge  
August 8 - O Brother Where Art Thou  
August 15 - Grand Torino  
August 22 - Overboard  
August 29 - 127 Hours

## ACTIVITIES

### LIBRARY CHECK OUT

10 a.m., Tuesday, August 23

### STRETCH, STRENGTHEN & HEALTH

9:30 a.m., Tuesdays

### Wii BOWLING

10 a.m., Monday, August 1, 15  
10 a.m., Tuesday, August 9, 23

### CORNHOLE

12:30 p.m., Thursdays

### TABLE TENNIS

2 p.m., Fridays



## SPEAKERS & MUSIC

### MCOA GENERAL MEETING

10 a.m., Friday, August 5

### COUNTRY MUSIC HOUSE SINGERS

10 a.m., Tuesday, August 2, 16

### SPEAKER: S.A.L.T. MEETING

10-11 a.m., Thursday, August 11

### SPEAKER: COURTNEY WITH THE GROVE

11 a.m., Thursday, August 11

### HEARING SCREENING WITH LUCID HEARING

10 a.m., Thursday, August 18



## WEEKLY ACTIVITIES

### QUILTING • POOL • TABLE GAMES

- ARMCHAIR TRAVEL..... Wednesdays - 9 a.m.
- ART CLASS ..... Fridays - 9 a.m.
- BINGO ..... August 5, 12 - 12:15 p.m.
- CHAIR YOGA ..... Tues/Thurs - 10:15 a.m.
- EXERCISE ..... Mon/Wed/Fri - 10:15 a.m.
- LINE DANCING ..... Wednesdays - 1 p.m.
- OPEN ART STUDIO ..... Tuesdays - 8:30 a.m.
- TAI CHI ..... Tuesdays - 12:30 p.m.
- WOODCARVING ..... Wed-Thurs - 9 a.m.



## DAILY LUNCH

**RESERVATIONS:**  
Call 405-793-9069

## SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

