

BRAND SENIOR CENTER

NOVEMBER 2021



CLASSIC MOVIES

MONDAYS - 9 a.m.

- Nov. 1 - Dances with Wolves
- Nov. 8 - Regarding Henry
- Nov. 15 - Cast Away
- Nov. 22 - Trading Places
- Nov. 29 - The Rock



SPEAKERS & MUSIC

MCOA GENERAL MEETING

10 a.m., Friday, Nov. 5

MOORE POLICE VISIT

11 a.m., Friday, Nov. 5

SPEAKER: OAK STREET HEALTH SERVICES

11 a.m., Thursday, Nov. 4

SPEAKER: STROKE PREVENTION

11 a.m., Thursday, Nov. 18

MCOA BOARD MEETING

10 a.m., Monday, Nov. 29

COUNTRY MUSIC HOUSE SINGERS

1 p.m., Tuesday, Nov. 2, 16



DAILY LUNCH

RESERVATIONS:
Call 405-793-9069

ACTIVITIES

SMART PHONE BASICS

1 p.m., Friday, Nov. 12, 19

BLOOD PRESSURE CHECKS

10 a.m., Thursday, Nov. 4

FOOD BANK VISIT

1 p.m., Thursday, Nov. 4

LIBRARY CHECK OUT

10 a.m., Tuesdays, Nov. 9, 23

COMPUTERS WITH A.J.

1 p.m., Thursday, Nov. 18 (limit 4)

STRETCH, STRENGTHEN & HEALTH

9:30 a.m., Tuesdays



WEEKLY ACTIVITIES

QUILTING • POOL • TABLE GAMES

- ARMCHAIR TRAVEL..... Wednesdays - 9 a.m.
- ART CLASS.....Fridays - 9 a.m.
- BINGONov. 5, 12, 19 - 12:15 p.m.
- CHAIR YOGA..... Tues/Thurs - 10:15 a.m.
- EXERCISE..... Mon/Wed/Fri - 10:15 a.m.
- HEARTS & CARDS..... Thursdays - 10 a.m.
- LINE DANCING..... Wednesdays - 1 p.m.
- OPEN ART STUDIOTuesdays - 8:30 a.m.
- TABLE TENNIS..... Tuesdays - 12:30 p.m.
- WOODCARVING..... Thursdays - 9 a.m.

SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

