

BRAND SENIOR CENTER

SEPTEMBER 2022



CLASSIC MOVIES

MONDAYS - 9 a.m.

September 12 - The Notebook
September 19 - The Treasure of the Sierra Madre
September 26 - The Kid



SPEAKERS & MUSIC

SPEAKER: CHRISTY FROM CLEVELAND COUNTY EXTENSION ABOUT NUTRITION

11 a.m., Thursday, September 1

MCOA GENERAL MEETING

10 a.m., Friday, September 2

SPEAKER: OAK STREET HEALTH

11:10 a.m., Friday, September 2

COUNTRY MUSIC HOUSE SINGERS

10 a.m., Tuesday, September 6, 20

SPEAKER: S.A.L.T. MEETING WITH KIM LOPEZ

10-11 a.m., Thursday, September 8

SPEAKER: OG&E SILVER ENERGY PROGRAM

11 a.m., Thursday, September 15



DAILY LUNCH

RESERVATIONS:
Call 405-793-9069

ACTIVITIES

CORNHOLE

10 a.m., Thursday, September 1, 15, 22, 29

LIBRARY CHECK OUT

10 a.m., Tuesday, September 27

STRETCH, STRENGTHEN & HEALTH

9:30 a.m., Tuesdays

Wii BOWLING

10 a.m., Tuesday, September 13

BLOOD PRESSURE CHECKS (PROVIDED BY AIM HEALTH)

10 a.m., Thursday, September 8

BLOOD PRESSURE AND SUGAR CHECKS (PROVIDED BY ACCENTRA)

10 a.m., Thursday, September 22



WEEKLY ACTIVITIES

QUILTING • POOL • TABLE GAMES

ARMCHAIR TRAVEL..... Wednesdays - 9 a.m.

ART CLASS Fridays - 9 a.m.

BINGO September 2, 9, 19 - 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.

TABLE TENNIS..... Fridays - 2 p.m.

TAI CHI..... Tuesdays - 12:30 p.m.

WOODCARVING..... Wed-Thurs - 9 a.m.

SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

