

# BRAND SENIOR CENTER

## SEPTEMBER 2024



### CLASSIC MOVIES MONDAYS - 9 a.m.

Sept 9 North by Northwest  
Sept 16 A Bridge too Far  
Sept 23 The Who Shot Liberty  
Valance  
Sept 30 Shane

### ACTIVITIES

**SEPTEMBER BIRTHDAYS**  
11:00 a.m., Friday, September 6

**ROOTBEER FLOATS PROVIDED BY JEREMY W/GLOBAL HEALTH**  
11:15 a.m., Thursday, September 12

**FRESH COBBLER PROVIDED BY VILLAGE ON THE PARK**  
11:45 a.m., Wednesday, September 18

**BLOOD PRESSURE CHECKS PROVIDED BY ASPIRE SPECIALTY HOSPITAL**  
12:00-1:00 p.m., Thursday, September 26

**MCOA BOARD MEETING**  
9:45 a.m., Monday, September 30

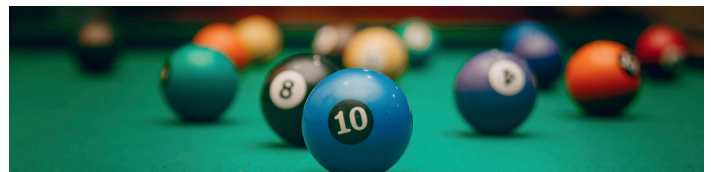


### SPEAKERS & MUSIC

**SPEAKER: AARON W/ VIP CARE**  
11:00 a.m., Thurs, September 5

**SPEAKER: JEREMY W/ GLOBAL HEALTH**  
11:00 a.m., Thurs, September 12

**SPEAKER: LINDA W/NUTRITION TIPS**  
11:00 a.m., Thurs, September 26



### WEEKLY ACTIVITIES

#### QUILTING • POOL • TABLE GAMES

- AFTERNOON MOVIE** .....Wednesdays - 1 p.m.
- ARM CHAIR TRAVEL** .....Wednesdays - 9 a.m.
- BINGO** .....September 6, 13, & 16 -12:15 p.m.
- BOARD GAMES** .....Wednesdays - 12:30 p.m.
- CORNHOLE** .....Thursdays - 12:30 p.m.
- CHAIR YOGA** .....Tues/Thurs - 10:15 a.m.
- EXERCISE** .....Mon/Wed/Fri - 10:15 a.m.
- LIBRARY** .....Tuesday, September 10 & 24 - 10:00 a.m.
- OPEN ART STUDIO** .....Tues - 8:30a.m. Fri - 9:00 a.m.
- STRETCH, STRENGTHEN & HEALTH** ....Tuesdays - 9:30 a.m.
- TABLE TENNIS**.....Fridays - 2 p.m.
- WII BOWLING**.....Tuesdays - 10 a.m.
- WOODCARVING** .....Wed & Thurs - 9 a.m.

## SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

