## City of Moore BRAND SENIOR CENTER



## Moore Area Transportation Only Call 405-799-3130

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| 3<br>9:00 Classic Movie<br>"To Catch a Thief"<br>10:15 Exercise  | <b>4</b><br>8:30 Open Art Studio<br>9:30 Stretch, Strengthen<br>& Health<br>10:00 Wii Bowling<br>10:15 Chair Yoga                      | 5<br>9:00 Arm Chair Travel<br>9:00 Woodcarving<br>10:15 Exercise<br>12:30 Board Games<br>1:00 Afternoon Movie                         | 6<br>9:00 Woodcarving<br>10:15 Chair Yoga<br>11:00 Speaker Jeremy Bridges<br>Global Health<br>12:30 Corn Hole   | 7<br>9:00 Open Art Studio<br>10:15 Exercise<br>11:00 February Birthday's<br>12:15 Bingo w/Flora<br>2:00 Table Tennis<br>6:00-8:00pm Senior<br>Sweetheart Dance |
| 10<br>9:00 Classic Movie<br>"An Affair to<br>Remember"<br>10:15 Exercise   | 11<br>8:30 Open Art Studio<br>9:30 Stretch, Strengthen<br>& Health<br>10:00 Library w/Cheyene<br>10:00 Wii Bowling<br>10:15 Chair Yoga | 9:00 Arm Chair Travel<br>9:00 Woodcarving<br>10:15 Exercise<br>12:30 Board Games<br>1:00 Afternoon Movie                              | 13<br>9:00 Woodcarving<br>10:15 Chair Yoga<br>11:00 Speaker Jeff Aynes<br>Archwell Health<br>12:15 Valentine's Day Party<br>12:30 Corn Hole<br><i>Valentine's Day Party</i> | 9:00 Open Art Studio<br>10:15 Exercise<br>12:15 Bingo w/ MCOA<br>2:00 Table Tennis   |
| CLOSED<br>CLOSED<br>Fresidents   | <b>18</b><br>8:30 Open Art Studio<br>9:30 Stretch, Strengthen<br>& Health<br>10:00 Wii Bowling<br>10:15 Chair Yoga                     | 19<br>9:00 Arm Chair Travel<br>9:00 Woodcarving<br>10:15 Exercise<br>11:45 Fresh Cobbler<br>12:30 Board Games<br>1:00 Afternoon Movie | 20<br>9:00 Woodcarving<br>10:15 Chair Yoga<br>11:00 Speaker Leslie Reichert<br>Mays Home Health<br>12:30 Corn Hole  | 21<br>9:00 Open Art Studio<br>10:15 Exercise<br>2:00 Table Tennis  |
| 24<br>9:00 Classic Movie<br>"The Big Sleep"<br>9:45 MCOA Board<br>Meeting<br>10:15 Exercise<br>12:15 Bingo w/Scott | 25<br>8:30 Open Art Studio<br>9:30 Stretch, Strengthen<br>& Health<br>10:00 Library w/AJ<br>10:00 Wii Bowling<br>10:15 Chair Yoga      | 26<br>9:00 Arm Chair Travel<br>9:00 Woodcarving<br>10:15 Exercise<br>12:30 Board Games<br>1:00 Afternoon Movie                        | 27<br>9:00 Woodcarving<br>10:15 Chair Yoga<br>11:00 Speaker on Nutrition<br>12:30 Corn Hole   | 28<br>9:00 Open Art Studio<br>10:15 Exercise<br>2:00 Table Tennis  |
| ~  |  | $\mathcal{Q}_{\zeta}$   |   | ~  |





