
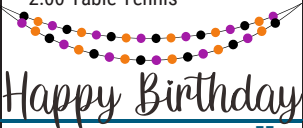





City of Moore BRAND SENIOR CENTER

OCT
2024

Moore Area Transportation Only Call 405-799-3130

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Wii Bowling 10:15 Chair Yoga	2 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie	3 9:00 Woodcarving 10:15 Chair Yoga 11:00 Speaker Jeremy w/ Global Health Medicare Benefits 12:30 Corn Hole	4 9:00 Open Art Studio 10:15 Exercise 11:00 October Birthday's 12:15 Bingo w/Flora 2:00 Table Tennis 
7 9:00 Classic Movie "The Sting" 10:15 Exercise	8 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Library 10:00 Wii Bowling 10:15 Chair Yoga	9 9:00 Arm Chair Travel 9:00 Woodcarving 9:00-12:00 Flu Shots provided by CCHD 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie	10 9:00 Woodcarving 10:15 Chair Yoga 11:00 Flora w/ Cigna Medicare D 12:30 Corn Hole	11 9:00 Open Art Studio 10:15 Exercise 12:15 Bingo w/Terry 2:00 Table Tennis  Saturday, Oct 12 11:00-2:00 MCOA Annual Bean Dinner
14 9:00 Classic Movie "The Odd Couple" 10:15 Exercise	15 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Wii Bowling 10:15 Chair Yoga	16 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 11:45 Fresh Cobbler 12:30 Board Games 1:00 Afternoon Movie	17 9:00 Woodcarving 10:15 Chair Yoga 11:00 Speaker Carolyn Simms w/National Indian Council on Aging 12:30 Corn Hole	18 9:00 Open Art Studio 10:15 Exercise 2:00 Table Tennis
21 9:00 Classic Movie "Patton" 10:15 Exercise 12:15 Bingo w/Scott	22 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Library 10:00 Wii Bowling 10:15 Chair Yoga	23 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie	24 9:00 Woodcarving 10:15 Chair Yoga 11:00 Speaker w/Nutrition Tips 12:30 Corn Hole	25 9:00 Open Art Studio 10:15 Exercise 2:00 Table Tennis
28 9:00 Classic Movie "A Star is Born" 9:45 MCOA Board Meeting 10:15 Exercise	29 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Wii Bowling 10:15 Chair Yoga	30 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie	31 9:00 Woodcarving 10:15 Chair Yoga 12:00-1:00 BP Checks w/ Aspire Specialty Hospital 12:15 Halloween Party 12:30 Corn Hole 	



SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

