

November Events & Activities

Silver Sneakers Classic – Posture Renewal

Monday | Through November 24 | 11 – 11:45 a.m.

Wednesday | Through November 26 | 11 – 11:45 a.m.

Instructor: Rotha

Mindful Yoga

Tuesdays and Thursdays through November 25 | 10 – 10:45 a.m.

Instructor: Rotha

Chair Yoga

Tuesdays through November 25 | 10 – 10:45 a.m.

Instructor: Rotha

Balanced Bodies

Tuesdays and Thursdays through November 25 | 9 – 9:45 a.m.

Instructor: Rotha

Tai Chi

Mondays and Wednesdays through November 26 | 10 – 10:45 a.m.

Instructor: Leon

Power Walking

Fridays through November 28 | 9 – 9:45 a.m.

Instructor: Laura

Dance Fitness

Mondays through November 24 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Silver Sneakers Classic

Fridays through November 28 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Activities at The Branch Connection:

11/1 & 15 Saturday Matinee

11/3 Notary Service

11/3 & 17 Shared Moments

11/3 Breakfast

11/4 Elder Abuse Seminar
11/5 & 19 Photo Club
11/5 & 19 Bingo
11/5 Theater Show
11/6 & 20 Fitness Room Orientation
11/7 First Friday Book Club
11/8 & 29 Learn To Dance
11/10, 13, 17, & 20 Intro to Word
11/10, 17, & 24 Fly Tying Group
11/10 Metrocrest Mobile Food Bank
11/11 Veterans Day Celebration
11/11 Advanced Greeting Cards
11/11 Bunco Night
11/12 Cookin' Club
11/19 Holiday Lunch
11/19 Self Portrait Session
11/20 Texas Hold Em
11/21 Holiday Shopping at Scheels
11/25 Tuesday Trivia
11/26 Garden Group

Re-occurring Weekday Activities:

- **Monday** – Zumba Gold, Team Chair Volleyball, Open Mah-Jongg, Thinkabilities, The Mixer, Evening Crafts, Open Art Group, Learn to Dance, and Duplicate Bridge.
- **Tuesday** – Chair Yoga, Line Dancing (Lo & Hi Beginner), Dulcimers, Zumba Gold, and Fly Casting.
- **Wednesday** – Line Dancing (Improver), Absolute Beginner Dance, and Open Mah Jongg.
- **Thursday** – Team Chair Volleyball, and Instructional Quilting Group.
- **Friday** – Silver Sneakers Classic, Quilting Group, Neglected History, and Party Bridge.
- **Saturday** - Clogging