

August Events & Activities

Posture Class

Monday | Through August 31 | 11 – 11:45 a.m.

Instructor: Laura

Balance and Strength Class

Tuesdays and Thursdays through August 27 | 9 – 9:45 a.m.

Instructor: Laura

Stretch & Relaxation Class

Tuesdays and Thursdays through August 27 | 10 – 10:45 a.m.

Instructor: Laura

Tai Chi

Mondays and Wednesdays through August 31 | 10 – 10:45 a.m.

Instructor: Leon

Power Walking

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

Instructor: Laura

Dance Fitness

Mondays through August 31 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Silver Sneakers Classic

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

Instructor: Kay Lynn Lyon

Activities at The Branch Connection:

8/1 Trip – Sewing & Quilt Expo

8/3 Breakfast (September Menu – IHOP Classic Breakfast)

8/3 & 17 Shared Moments

8/5 & 19 Photo Club

8/5 & 19 Veteran Salute Coffee

8/5 & 19 Bingo

8/7 First Friday Book Club

8/8 Saturday Matinee

8/10, 17 & 24 Fly Tying Group
8/10 Metrocrest Mobile Food Bank
8/10 & 13 – How to Use Your iPhone and iPad
8/11 Bunco Night
8/11 Advanced Greeting Cards
8/12 Cookin' Club
8/12 & 26 Lotería Mexicana
8/17 OneDrive and Cloud Storage
8/18 – Fantasy Football
8/19 Trip – WinStar
8/20 Windows Tips & Tricks
8/20 Texas Hold Em
8/21 Friday Franks
8/24 How to use Windows Photo App
8/25 Trivia Game Showdown
8/26 Garden Group
8/27 – Talks – Elder Fraud in 2026

Re-occurring Weekday Activities:

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