

July Events & Activities

Posture Class

Monday | Through July 27 | 11 – 11:45 a.m.

Instructor: Laura

Balance and Strength Class

Tuesdays and Thursdays through July 30 | 9 – 9:45 a.m.

Instructor: Rotha

Stretch & Relaxation Class

Tuesdays and Thursdays through July 30 | 10 – 10:45 a.m.

Instructor: Rotha

Tai Chi

Mondays and Wednesdays through June 29 | 10 – 10:45 a.m.

Instructor: Leon

Power Walking

Fridays through June 26 | 9 – 9:45 a.m.

Instructor: Laura

Dance Fitness

Mondays through June 29 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Silver Sneakers Classic

Fridays through June 26 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Activities at The Branch Connection:

7/1 & 15 Photo Club

7/1 & 15 Veteran Salute Coffee

7/1 & 15 Bingo

7/3 Hometown Heroes Soda Social

7/3 Independence Day Celebration at Historical Park

7/6 Breakfast (August Menu – IHOP Breakfast Sandwiches, Potatoes, and Fruit)

7/6 & 20 Shared Moments

7/8 Cookin' Club
7/8 & 22 Lotería Mexicana
7/9 Craft Fair Registration Resident
7/10 NRPA Park Picnic
7/10 First Friday Book Club
7/11 Saturday Matinee
7/13, 20 & 27 Fly Tying Group
7/13 Metrocrest Mobile Food Bank
7/14 Bunco Night
7/14 Advanced Greeting Cards
7/16 Craft Fair Registration Non-Resident
7/16 Texas Hold Em
7/17 Friday Franks
7/22 Dallas Wellness Care Seminar
7/28 Trivia Game Showdown
7/29 Garden Group
7/30 Trip – Frisco RoughRiders

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, Teen Technology Lab, and Fly Casting.
- **Wednesday** – Line Dancing (Improver), Absolute Beginner Dance, Big Screen Bash, 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