

## **July Events & Activities**

### **Zumba Gold**

Tuesday | Through July 29 | 6:15 – 7 p.m.

Instructor: Huet

### **Silver Sneakers Classic – Posture Renewal**

Monday | Through July 28 | 11 – 11:45 a.m.

Wednesday | Through July 30 | 11 – 11:45 a.m.

Instructor: Rotha

### **Mindful Yoga**

Tuesdays and Thursdays through July 31 | 10 – 10:45 a.m.

Instructor: Rotha

### **Chair Yoga**

Tuesdays through July 29 | 10 – 10:45 a.m.

Instructor: Rotha

### **Balanced Bodies**

Tuesdays and Thursdays through July 31 | 9 – 9:45 a.m.

Instructor: Rotha

### **Tai Chi**

Mondays and Wednesdays through July 30 | 10 – 10:45 a.m.

Instructor: Leon

### **Power Walking**

Fridays through July 25 | 9 – 9:45 a.m.

Instructor: Laura

### **Dance Fitness**

Mondays through July 28 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

### **Silver Sneakers Classic**

Fridays through July 25 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

**Activities at The Branch Connection:**

7/2 & 16 Bingo  
7/7 Breakfast  
7/7 Notary Service  
7/7 & 14 Shared Moments  
7/8 Advanced Greeting Cards  
7/9 Cookin' Club  
7/9 Bunco Night  
7/9 & 30 Photo Club  
7/10 Open Enrollment for Residents for Craft Fair  
7/11 Fun in the Sun  
7/11 NRPA Pop Up – Yoga in the Park  
7/11 First Friday Book Club  
7/14, 21, & 28 Fly Tying Group  
7/14 Intro to Excel  
7/17 Open Enrollment for Non-Residents for Craft Fair  
7/17 Texas Hold Em  
7/18 NRPA Pop Up – Walking Group  
7/18 Friday Franks  
7/19 Saturday Matinee  
7/28 Tote Bag Class  
7/29 Tuesday Trivia  
7/30 NRPA Pop Up – Park Picnic

**Re-occurring Weekday Activities:**

- **Monday** – Zumba Gold, Team Chair Volleyball, Open Mah-Jongg, Thinkabilities, The Mixer, Evening Crafts, Open Art Group, Technology Clinic, and Duplicate Bridge.
- **Tuesday** – Chair Yoga, Line Dancing (Lo & Hi Beginner), Dulcimers, and Fly Casting.
- **Wednesday** – Line Dancing (Improver), and Open Mah Jongg.
- **Thursday** – Team Chair Volleyball, and Instructional Quilting Group.
- **Friday** – Silver Sneakers Classic, Quilting Group, Neglected History  
– No Class July 4, Party Bridge, and Fun Chair Volleyball.
- **Saturday** - Clogging

**Trips:**

Month	Trip
July	Museum
Aug	Choctaw Casino
September	Museum
October	State Fair of Texas