

## **February Events & Activities**

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

Monday | Through February 23 | 11 – 11:45 a.m.

Wednesday | Through February 25 | 11 – 11:45 a.m.

Instructor: Rotha

### **Mindful Yoga**

Tuesdays and Thursdays through February 26 | 10 – 10:45 a.m.

Instructor: Rotha

### **Chair Yoga**

Tuesdays through February 23 | 10 – 10:45 a.m.

Instructor: Rotha

### **Balanced Bodies**

Tuesdays and Thursdays through February 26 | 9 – 9:45 a.m.

Instructor: Rotha

### **Tai Chi**

Mondays and Wednesdays through February 25 | 10 – 10:45 a.m.

Instructor: Leon

### **Power Walking**

Fridays through February 27 | 9 – 9:45 a.m.

Instructor: Laura

### **Dance Fitness**

Mondays through February 23 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

### **Silver Sneakers Classic**

Fridays through February 27 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

### **Activities at The Branch Connection:**

2/2 Notary Service

2/2 Breakfast – Menu: Savory Croissant Breakfast Bread Pudding with eggs, cheese, sausage, and croissant rolls, smoked bacon, potatoes, and fruit.

2/2 Hands-Only CPR

2/2 & 16 Shared Moments

2/2, 5, 9, 12, 16 & 19 Intro to Excel

2/4 & 18 Bingo

2/6, 13, 20 & 27 Neglected History

2/6 First Friday Book Club

2/7 & 21 Learn To Dance

2/7 Saturday Matinee

2/8 Super Bowl LX Party

2/9 & 23 Fitness Room Orientation

2/9, 16 & 23 Fly Tying Group

2/9 Metrocrest Mobile Food Bank

2/10 Advanced Greeting Cards

2/10 Bunco Night

2/11 & 25 Photo Club

2/11 Quilt as You Go

2/11 Cookin' Club

2/13 Valentine Tea

2/19 Texas Hold Em

2/25 Garden Group

2/26 Dallas Indulgence Trip

### **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