

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