

## October Events & Activities

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

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

Wednesday | Through October 29 | 11 – 11:45 a.m.

Instructor: Rotha

### **Mindful Yoga**

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

Instructor: Rotha

### **Chair Yoga**

Tuesdays through October 28 | 10 – 10:45 a.m.

Instructor: Rotha

### **Balanced Bodies**

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

Instructor: Rotha

### **Tai Chi**

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

Instructor: Leon

### **Power Walking**

Fridays through October 31 | 9 – 9:45 a.m.

Instructor: Laura

### **Dance Fitness**

Mondays through October 27 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

### **Silver Sneakers Classic**

Fridays through October 31 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

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

10/1 & 15 Bingo

10/2 State Fair Trip

10/3 Wii Bowling Party

10/3 First Friday Book Club  
10/6 Notary Service  
10/6 & 20 Shared Moments  
10/6 Breakfast  
10/8 Cookin' Club  
10/8 & 22 Photo Club  
10/9 & 23 Fitness Room Equipment Orientation  
10/11 & 25 Learn to Dance  
10/13, 16, 20, 23, 27, & 30 Computer Basics II  
10/13, 20, & 27 Fly Tying Group  
10/14 Metrocrest Mobile Food Bank  
10/14 Advanced Greeting Cards  
10/14 Bunco Night  
10/16 Texas Hold Em  
10/18 Saturday Matinee  
10/18 Craft Fair  
10/22 Garden Group  
10/23 Lunch & Learn  
10/28 Tuesday Trivia

**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, 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