

September Events & Activities

Silver Sneakers Classic – Posture Renewal

Monday | Through September 29 | 11 – 11:45 a.m.

Wednesday | Through September 24 | 11 – 11:45 a.m.

Instructor: Rotha

Mindful Yoga

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

Instructor: Rotha

Chair Yoga

Tuesdays through September 30 | 10 – 10:45 a.m.

Instructor: Rotha

Balanced Bodies

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

Instructor: Rotha

Tai Chi

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

Instructor: Leon

Power Walking

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

Instructor: Laura

Dance Fitness

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

Instructor: Kay Lynn Lyon

Silver Sneakers Classic

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

Instructor: Kay Lynn Lyon

Activities at The Branch Connection:

9/1 & 15 Shared Moments
9/3 & 17 Bingo
9/5 First Friday Book Club
9/8 Breakfast
9/8 Metrocrest Mobile Food Bank
9/8 Notary Service
9/8, 11, 15, 18, 22, & 25 Computer Basics I
9/8, 15, & 22 Fly Tying Group
9/9 Advanced Greeting Cards
9/9 Bunco Night
9/10 Cookin' Club
9/10 & 24 Photo Club
9/11 & 25 Fitness Room Equipment Orientation
9/13 & 27 Learn to Dance
9/18 Texas Hold Em
9/19 Friday Franks
9/20 Cocktails and Comedy
9/23 TBC Online Registration
9/24 Elite Sharpening Service
9/24 Garden Group
9/25 Day Trip – Biblical Art Museum
9/27 Saturday Matinee
9/30 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