

August Events & Activities

Zumba Gold

Tuesday | Through August 26 | 6:15 – 7 p.m.

Instructor: Huet

Silver Sneakers Classic – Posture Renewal

Monday | Through August 25 | 11 – 11:45 a.m.

Wednesday | Through August 27 | 11 – 11:45 a.m.

Instructor: Rotha

Mindful Yoga

Tuesdays and Thursdays through August 28 | 10 – 10:45 a.m.

Instructor: Rotha

Chair Yoga

Tuesdays through August 26 | 10 – 10:45 a.m.

Instructor: Rotha

Balanced Bodies

Tuesdays and Thursdays through August 28 | 9 – 9:45 a.m.

Instructor: Rotha

Tai Chi

Mondays and Wednesdays through August 27 | 10 – 10:45 a.m.

Instructor: Leon

Power Walking

Fridays through August 29 | 9 – 9:45 a.m.

Instructor: Laura

Dance Fitness

Mondays through August 25 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Silver Sneakers Classic

Fridays through August 29 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Activities at The Branch Connection:

8/1 First Friday Book Club

8/4 Breakfast

8/4 Notary Service
 8/4 & 18 Shared Moments
 8/6 & 20 Bingo
 8/11 & 14 How to use your iPhone
 8/11, 18, & 25 Fly Tying Group
 8/12 Advanced Greeting Cards
 8/12 Bunco Night
 8/13 Cookin' Club
 8/13 & 27 Photo Club
 8/15 Friday Franks
 8/16 Saturday Matinee
 8/18 What is OneDrive and How to use it
 8/19 Choctaw Trip
 8/21 Texas Hold Em
 8/21 Windows Tips and Tricks
 8/26 Tuesday Trivia
 8/27 Sewing Machine Service
 8/28 How to Use the Windows Photo App to Edit

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
Aug	Choctaw Casino
September	Museum
October	State Fair of Texas