

December Events & Activities

****Closed on December 24 & 25 and Closed at 5 p.m. on December 31.****

Silver Sneakers Classic – Posture Renewal

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

Wednesday | Through December 31 | 11 – 11:45 a.m.

Instructor: Rotha

Mindful Yoga

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

Instructor: Rotha

Chair Yoga

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

Instructor: Rotha

Balanced Bodies

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

Instructor: Rotha

Tai Chi

Mondays and Wednesdays through December 31 | 10 – 10:45 a.m.

Instructor: Leon

Power Walking

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

Instructor: Laura

Dance Fitness

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

Instructor: Kay Lynn Lyon

Silver Sneakers Classic

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

Instructor: Kay Lynn Lyon

Activities at The Branch Connection:

12/1 Notary Service
12/1 Breakfast
12/1 & 15 Shared Moments
12/1, 8, 15, 22, & 29 Learn To Dance
12/3 & 17 Bingo
12/3, 17 & 31 Photo Club
12/5 First Friday Book Club
12/6 & 20 Saturday Matinee
12/8, 11, 15, & 18 Buying a New Computer
12/8, 15, 22 & 29 Fly Tying Group
12/8 Metrocrest Mobile Food Bank
12/9 Advanced Greeting Cards
12/9 Bunco Night
12/10 Quilt as You Go
12/10 Cookin' Club
12/11 Fitness Room Orientation
12/17 Holiday Lunch
12/17 Transfer Photos
12/18 Texas Hold Em
12/23 Holiday Movie Night Out!
12/30 Tuesday Trivia
12/30 Garden Group
12/30 Capsule Burial

Recurring 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