

June Events & Activities

Silver Sneakers Classic – Posture Renewal

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

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

Instructor: Rotha

Mindful Yoga

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

Instructor: Rotha

Chair Yoga

Tuesdays through June 30 | 11 – 10:45 a.m.

Instructor: Rotha

Balanced Bodies

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

Instructor: Rotha

Tai Chi

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

Instructor: Leon

Power Walking

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

Instructor: Laura

Dance Fitness

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

Instructor: Kay Lynn Lyon

Silver Sneakers Classic

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

Instructor: Kay Lynn Lyon

Activities at The Branch Connection:

6/1 Breakfast (July Menu – IHOP Classic Breakfast)

6/1 & 15 Shared Moments

6/3 & 17 Photo Club

6/3 & 17 Veteran Salute Coffee

6/3 & 17 Bingo
6/5 First Friday Book Club
6/8, 11, 15, 18, 22, & 25 Intro to Word
6/8, 15 & 22 Fly Tying Group
6/8 Metrocrest Mobile Food Bank
6/9 Bunco Night
6/9 Advanced Greeting Cards
6/10 & 24 Quilting Group Class
6/10 Cookin' Club
6/13 Saturday Matinee
6/16 Hospice 101 Seminar
6/18 Texas Hold Em
6/18 Learn To Dance
6/19 Friday Franks
6/24 Garden Group
6/25 Trip – Medieval Times
6/30 Trivia Game Showdown

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, Big Screen Bash, 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