

# City of Farmers Branch

Farmers Branch City Hall 13000 Wm Dodson Pkwy Farmers Branch, Texas 75234

## Legislation Details (With Text)

File #: TMP-3523 Version: 2

Type: Report Status: Regular Agenda

File created: 5/28/2021 In control: Senior Advisory Board

On agenda: 8/12/2021 Final action:

**Title:** Receive an update on upcoming activities.

Sponsors:

Indexes:

Code sections:

Attachments:

Date Ver. Action By Action Result

### Receive an update on upcoming activities.

### **BACKGROUND:**

### Ready, Stretch, Energize

Mondays through August 30 | 10 - 10:45 a.m.

Instructor: Joyti

#### Mindful Yoga

Tuesdays and Thursdays through August 31 | 10 - 10:45 a.m.

Instructor: Rotha

#### **Balanced Bodies**

Tuesdays and Thursdays through August 31 | 9 - 9:45 a.m.

Instructor: Rotha

### Silver Sneakers

Mondays through August 30 | 11 - 11:45 a.m. Wednesday through August 25 | 1 - 1:45 p.m.

Instructor: Joyti

### Tai Chi

Mondays and Wednesdays through August 30 | 10 - 10:45 a.m.

Instructor: Susan Davis

### **Power Walking**

Fridays through August 27 | 8:15 - 9 a.m.

Instructor: Laura Franklin

### **Pop-Up Fitness**

Friday August 20 | 9 - 10:15 a.m. Variety Challenge: Core strengthening

Instructor: Rotha

File #: TMP-3523, Version: 2

#### **Branch Bazaar!**

Saturday | August 28 | 9 a.m. - 3 p.m.

### Bingo!

Wednesday | August 4 & 18 | 1 - 3 p.m.

\$1 per card

Must arrive by 12:30 p.m.to purchase cards

The Branch Connection will be hosting bingo inside starting in June. Join the fun, and be sure to let us know when you have a BINGO!

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

- 8/10 Advanced Greeting Card Techniques
- 8/3 Alzheimer Support Group
- 8/5 B12 Shots
- 8/5 Beginner Greeting Card 101
- 8/9 Book Club "Invisivle Life of Addie LaRue"
- 8/2, 5, 9, 12, 16, 19, 23, 26 Computer Basics
- 8/11 Cookin' Club
- 8/10, Glass Etching
- 8/27 Medicare Plans
- 8/2, 9, 16, 23, & 30 Monday Night Dance
- 8/27 Movie Friday "Calendar Girls"
- 8/6, 13, 20 & 27 Neglected History
- 8/9 Notary Public
- 8/11 & 8/25 Photo Club
- 8/23 Simple Serging 101
- 8/2 & 8/16 Shared Moments
- 8/19 Texas Hold 'em

### **Re-occurring Monthly Activities:**

- Monday -Art Class, Chair Volleyball, Duplicate Bridge, Evening Crafts & Thinkabilities
- Tuesday Line Dancing (Absolute, Lo, & Hi Beginner), Southwind Dulcimer
- Wednesday Basic Bridge, Intermediate Mountain Dulcimer Group, Line Dancing (Improver), Open Mah Jongg, Table Tennis & Wii Bowling
- Thursday Chair Volleyball, Instructional Quilting
- Friday -Chair Volleyball, Clogging, Table Tennis, Party Bridge & Quilting Group

#### **Drive through Activities:**

8/12 Random Acts of Kindness - Metrocrest School Supplies.

#### Meals:

8/2 - Breakfast 8:15 a.m.

### **Virtual Programs:**

- 8/18 Garden Group Perennials
- 8/24 Tuesday Trivia- Salt Life
- Some programs are being offered in a virtual/in-person blend for those who do not wish to come in.

File #: TMP-3523, Version: 2