



Legislation Details (With Text)

File #: TMP-4155 **Version:** 1

Type: Report **Status:** Regular Agenda

File created: 8/3/2022 **In control:** Senior Advisory Board

On agenda: 8/11/2022 **Final action:**

Title: Receive an update on the upcoming activities.

Sponsors:

Indexes:

Code sections:

Attachments:

Date	Ver.	Action By	Action	Result
------	------	-----------	--------	--------

Receive an update on the upcoming activities.

BACKGROUND: **EVENTS**

Day Trip:

Winstar Casino

Wednesday | August 31 | 9:30 a.m. - 5 p.m.

Free + Bring money for lunch

Let's head out for the day to enjoy the casino. Bring a friend and come ready to make new ones!
Please be sure to pre-register as seats are limited. The bus will depart at 9:30 a.m.

Zumba Gold

Wednesday | Through August 31 | 7 - 7:45 p.m.

Instructor: Huet

Silver Sneakers Classic - Posture Renewal

Monday | Through August 29 | 11 - 11:45 a.m.

Instructor: Rotha

Mindful Yoga

Tuesdays and Thursdays through August 30 | 10 - 10:45 a.m.

Instructor: Rotha

Balanced Bodies

Tuesdays and Thursdays through August 30 | 9 - 9:45 a.m.

Instructor: Rotha

Tai Chi

Mondays and Wednesdays through August 31 | 10 - 10:45 a.m.

Instructor: Susan

Power Walking

Fridays through August 26 | 9 - 9:45 a.m.

Instructor: Laura

Bingo!

Wednesday | August 3 & 17 | 1 - 3 p.m.

\$1 per card

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

Activities at The Branch Connection:

- 8/1 Monthly Breakfast
- 8/1, 15 & 29 Shared Moments
- 8/3, 17 & 31 Photo Club
- 8/4 B12 Shots
- 8/4 Random Acts of Kindness
- 8/8 DIY Painting Party
- 8/8 Windows Tips and Tricks
- 8/8 Book Club - *"Miss Benson's Beetle"*
- 8/8 & 22 Shared Movies
- 8/8, 15 & 22 Fly Tying Group
- 8/9 Advanced Greeting Card Techniques
- 8/10 Cookin' Club
- 8/15 Chalk Contour
- 8/15 Book Club Movie
- 8/15 Game Night Tickets on sale (Residents)
- 8/18 Managing your passwords
- 8/18 Texas Hold 'em
- 8/19 Friday Franks
- 8/19 Movie Friday
- 8/22 Game Night Tickets on sale (Non-residents)
- 8/22 Windows 11 Changes
- 8/23 Carter BloodCare Blood Drive
- 8/24 Medicare 101
- 8/25 Backing up your PC
- 8/30 Tuesday Trivia

Let's Learn to Dance!

Mondays, August 1, 8, 15, 22, & 29 | 6 to 6:45 p.m.

Cha-Cha Lessons

After Monday lessons, students are welcome to stay and watch or practice what they learned at The Mixer.

Re-occurring Monthly Activities:

- **Monday** - Chair Volleyball, Duplicate Bridge, The Mixer, Evening Crafts & Thinkabilities
- **Tuesday** - Wii Bowling, Line Dancing (Lo & Hi Beginner), Fly Casting, Dulcimer Lessons for Beginners, Southwind Dulcimer, Health and Wellness discussion.
- **Wednesday** - Intermediate Mountain Dulcimer Group, Line Dancing (Improver), Open Mah Jongg, Texas 42, Table Tennis & Wii Bowling
- **Thursday** - Chair Volleyball & Instructional Quilting
- **Friday** - Chair Volleyball, Table Tennis, Neglected History, Party Bridge & Quilting Group
- **Saturday** - Clogging, & Movin' and Groovin'

Virtual Programs:

- Some programs are being offered in a virtual/in-person blend for those who do not wish to come in.