



## Legislation Text

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### **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

##### **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.