

ONGOING CLASSES, GROUPS and ACTIVITIES

Arts, Crafts and Hobbies

Knit & Crochet: Gail Tue 1 – 3 Quilting Room

Get help with stitches and patterns, work on personal projects or work on projects for non-profits.

Quilting: Bernice Wed 1-3 Quilting Room

Work on the quilt on the frame, or work on piecing your own project.

Painting, ceramics, pottery and much more Days & Times to be determined Arts & Crafts Room

A variety of classes will be forming.

BIRTHDAY PARTY Third Thur during lunch Tasha – Brenham Nursing Home

Computer

Doss Mon, Tue 10 Mary Tue, Wed 1 Computer Room

Instruction based on individual needs

Discussion Groups

Monetary Literacy: Charles Tu, Thu 10 -11 Conference Room

Study the basic structure of modern global currencies and of the Central Banks and government agencies which set monetary policy.

Doctors' Q & A Brenham Clinic Wed 1 – 2 Dining Room

Various topics

Exercise

Exercise: Lete Mon, Fri 1 – 2 exercise room

Low impact over-all workout

Piyo : Benita Mon, Thur 9 – 10 exercise room

A combination of pilates and yoga. Mat optional

Scott & White Seniorcize Tu, Thur 1 – 2 & 2:30 – 3:30 Room TBA

Very low impact chair and standing exercises

Chair Yoga Wed 10 exercise room Tai Chi Wed 11 -11:30 exercise room

Games

Bingo 12:30

First Wed. – Elisa. Gazebo First Thur. – Virginia, Tx Home Health

Third Wed – Shae, Brenham Nursing & Rehab

Domino/Card Tournaments Wed 9 – 11:15 Dining Room

Pool, various table games Open play Game Room

Meditation

Barbara M-F Meditation Room

Day Reflection 8 – 9 Meditation 9:30 – 10:30 Relaxation 1 – 2:30

Support Group M W F 9 – 11

Various topics based on need

Music & Dance

Glee Choir Fri 1 – 2 Dining Room

For everyone who enjoys singing.

Ballroom Dance Glenn Tu, Th 1 Conf. Room

Clogging* Carolyn Wed 1 – 2:30 Dining Room

Cross between line dance and tap.

Tap Dance* Carolyn

Beginner Tu, Fri 9-10 Dining Room Basic steps, easy combos & routines to oldies music

Beginner II Tu, Fri 10 – 11 More steps, combos & routines to oldies music

*Try these dance classes in regular shoes first. Taps will be needed if you stay.