

The City of Brandon
Senior Services Center

December

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 1:00 Line Dancing 1 1:00 Bingo <i>Sponsored by Compassus</i>	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga 11:00 Crochet Club 1:00 ART 1:00 Dominoes 1:00 Line Dance 2	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:30 ART 12:00 Bridge 1:00 ART 1:00 Dominoes	9:30 Fitness 360 No Tai Chi 11:00 Lunch Trip McClain General Store 1:00 Dominoes 1:00 Line Dance 2 2:30 Beading \$3	8:30 Gentle Joints 9:15 Fitness Fun 10:30 Bingo sponsored by Brookdale 12:00 Phase 10 12:00 Canasta
10	11	12	13	14
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 11:30 Christmas Cookie Swap 1:00 Line Dancing 1	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga 11:00 Crochet Club 1:00 ART/Dominoes 1:00 Line Dance 2 1:00 Santa's Helper Workshop by St. Dominic's	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:30 ART 12:00 Bridge 1:00 ART 1:00 Dominoes	9:30 Fitness 360 10:15 Tai Chi 11:30 Cards with Care for Brookdale & Peach Tree 1:00 Dominoes 1:00 Line Dance 2	8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta 1:00 Bunco \$5 Christmas Party
17	18	19	20	21
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 11:00 Tech: iPhone 1:00 Line Dancing 1	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga 11:00 Crochet Club 1:00 ART 1:00 Dominoes Christmas Party	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:30 ART 12:00 Bridge & Art Christmas Party w/Pax Hospice 1:00 ART/Dominoes	9:30 Fitness 360 10:15 Tai Chi 1:00 Dominoes 1:00 Line Dance 2 2:00 Line Dance Christmas Party	8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta
24	25	26	27	28
Christmas Eve Senior Center Closed 	Merry Christmas Senior Center Closed 	8:30 Gentle Joints 9:15 Fitness Fun No activities after 10am	9:30 Fitness 360 No Tai Chi 1:00 Dominoes 1:00 Line Dance 2 2:00 Book Club "First Frost" by Sarah A. Allen	8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta
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New Year's Eve Senior Center Closed	 Senior Center Closed			

Purple - Free RSVP Required Red - Ticket or Supply Cost Blue - Fitness Classes

Fitness Class Descriptions	
Gentle Joints	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, muscle-tone. Equipment used: weights, bands, balls, & chairs.
Fitness Fun	Fun easy to follow moves focusing on cardiovascular health, muscle tone, and FUN! All moves are low-impact and great for beginners. Participants stand periodically or can remain seated as necessary. Equipment used: light weights, bands/tubing, balls, & chairs.
Dance Fit	Dance moves focusing on cardiovascular health & dancin' FUN! All moves are low-impact and great for all abilities. No previous dance experience required.
Fitness 360	A complete fitness program designed for the active aging adult. Class format includes: cardio exercise for improved heart health; strength training for muscle endurance; and core exercises for improved posture & balance. All moves are low-impact and great for participants of all abilities. Participants stand primarily & are seated at times.
Intro to Yoga	Yoga for <u>ALL fitness levels</u> . Center, stretch, strengthen with easy to follow yoga moves.
Tai Chi	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.
Brandon Senior Center Weekly Activities	
Art Classes	The Brandon Senior Center ART classes are for all level artists. Each participant works in their own medium with a subject matter of their own interest. The instructor is there for assistance & guidance as each student moves through their own piece at their own pace.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson.
Book Club	Like to read? Like to hangout with people that read? Let's get together on the last Thursday of the month and see where the conversation goes!
Color Me Crazy	Adult coloring is a great way to focus without stress on your mind! Supplies provided or bring your own.
Dance Classes	Line Dancing 1 (Beginning) and Line Dance 2 (Intermediate) dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. No prior dance experience required. Great for beginners to Fred Astaires!
Game Times	All game times (Bridge, Dominoes, Bingo, Bunco, Phase 10, Canasta, Cornhole etc.) are open to new participants. Join us for great fellowship and fun challenges.
Music Group	Come jam with us! The Brandon Senior Center Music Group meets in the Board Room of the City Hall. Pick, play, sing, or enjoy this great time of comradery with experienced musicians, novice musicians, and lovers of music.
Special Events	
Book Club:	<i>"First Frost"</i> Sarah A. Allen - Lose yourself in Sarah Addison Allen's enchanting world and fall for her charmed characters in this captivating story that proves that a happily-ever-after is never the real ending to a story. It's where the real story begins.
Lunch Trip to McClain's Lodge:	Come with us and explore everything that McClain's Lodge has to offer. Depart Brandon Senior Center at 11am, Lunch Buffet at McClain's Restaurant, Shopping & Exploring in the General Store, Bakery, and Farmer's Market. Lunch buffet cost is \$12.50
Cards with Care:	The Brandon Seniors help share the Christmas spirit with Christmas cards for Brookdale of Brandon and Peach Tree residents. Won't you join us to write greetings of good cheer?
Christmas Cookie Swap:	Tis the season to share and be sweet. So, bring three dozen of your favorite sweet Christmas treats. Bring 3 dozen cookies. Go home with 3 dozen assorted cookies! Must RSVP in Senior Center.
Christmas Party:	Let's celebrate together! Share your Christmas spirit with your friends! Brandon Senior Services will provide pizza. Please RSVP on the provided sign-up sheets. If you would like to contribute a treat, please indicate on RSVP sheet.
Santa's Helper Workshop:	Sit and sip hot cocoa while we learn how to spruce up your Christmas packages and what to give the person who has everything! Sponsor: St. Dominic's New Directions
Technology 101:	An informal question & answer session to address Frequently Asked Questions for iPhone users. Feel free to bring a brown bag lunch. We will cover camera and the Do Not Call App