


The City of Brandon  
Senior Services Center

# January

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:30 ART 1:00 ART 1:00 Dominoes	9:30 Fitness 360 <b>11:15</b> <b>Cooking Club</b> <b>Brunch it Up!</b> 1:00 Dominoes 1:00 Line Dance 2	8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 1:00 Line Dancing 1 <b>1:00</b> <b>Bingo</b> sponsored by The Waterford	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga <b>11:00</b> <b>Crochet Club</b> 1:00 ART/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 <b>11:30</b> <b>2019 Care Commission</b> 1:00 Dominoes No Line Dancing <b>2:30</b> <b>Beading \$8</b> <i>Great Beginner Project</i>	8:30 Gentle Joints 9:15 Fitness Fun <b>10:30</b> <b>DIY Pine Cone Wreath \$8</b> 12:00 Phase 10 12:00 Canasta <b>1:00</b> <b>Bunco \$5</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit <b>11:00</b> <b>iPhone 101</b> No Line Dancing	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga <b>11:00</b> <b>Crochet Club</b> 1:00 ART/Dominoes No Line Dancing	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:30 ART 12:00 Bridge <b>1:00</b> <b>ART 101**</b> 1:00 Dominoes	9:30 Fitness 360 1:00 Dominoes 1:00 Line Dance 2	8:30 Gentle Joints 9:15 Fitness Fun <b>10:30</b> <b>Bingo</b> sponsored by Brookdale 12:00 Phase 10 12:00 Canasta
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Martin Luther King Jr. Day</b> <b>City Hall Closed</b>	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 <b>11:00</b> <b>Crochet Club</b> 1:00 Dominoes 1:00 Line Dance 2  No Art	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit <b>10:00am – 2:00pm</b> <b>ART Show Preview</b> 12:00 Bridge 1:00 Dominoes	9:30 Fitness 360 <b>10:00am – 12:00pm</b> <b>ART Show Preview</b> 1:00 Dominoes 1:00 Line Dance 2	8:30 Gentle Joints 9:15 Fitness Fun <b>11:30</b> <b>Luncheon \$7</b> <i>Don't fall for scams. Sponsored by Senior Planning</i> 12:00 Phase 10/Canasta <b>1:30</b> <b>Art Show Reception</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Feb 1</b>
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 1:00 Line Dancing 1 <b>1:00</b> <b>Movie Monday</b> <i>God Bless the Broken Road</i> sponsored by Kare-In-Home	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga <b>11:30</b> <b>Lunch &amp; Learn</b> <i>Benefits of Pre-Planning</i> by Wright & Ferguson 1:00 ART/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 <b>11:00</b> <b>Step On It!</b> <b>Walking Program Launch</b> <i>sponsored by Kindred</i> 1:00 Dominoes 1:00 Line Dance 2 <b>2:00</b> <b>Book Club "Gifted Hands"</b> by Ben Carson	8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta

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

## Fitness Class Descriptions

<b>Gentle Joints</b>	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, muscle-tone. Equipment used: weights, bands, balls, & chairs.
<b>Fitness Fun</b>	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.
<b>Dance Fit</b>	Dance moves focusing on cardiovascular health & dancin' FUN! All moves are low-impact and great for all abilities. No previous dance experience required.
<b>Fitness 360</b>	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.
<b>Intro to Yoga</b>	Yoga for <u>ALL fitness levels</u> . Center, stretch, strengthen with easy to follow yoga moves.
<b>Tai Chi</b>	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

<b>Art Classes</b>	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. **Art 101 – Focused Lesson each month.
<b>Bible Study</b>	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson.
<b>Book Club</b>	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!
<b>Color Me Crazy</b>	Adult coloring is a great way to focus without stress on your mind! Supplies provided or bring your own.
<b>Dance Classes</b>	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!
<b>Game Times</b>	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.
<b>Music Group</b>	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

<b>Art 101**:</b>	Focused lesson on Composition and Negative Space. Wednesday, January 16 at 1:00pm
<b>Beading:</b>	This month's necklace is a great beginner's project. \$8 Pay day of event. <b>RSVP. Space is limited.</b>
<b>Book Club:</b>	"Gifted Hands" The Ben Carson Story. Inspiring story of an inner-city kid who becomes the Director of Neurosurgery at Johns Hopkins University.
<b>Cooking Club:</b> <i>Brunch It Up!</i>	Like to fellowship with food? Then this club is for you. Bring a dish that fits the theme of our potluck. We will taste test & share ideas. " <b>Brunch It Up!</b> " is this month's theme.
<b>Lunch &amp; Learn:</b>	Wright & Ferguson provides lunch while you learn about the Advantages of Planning Ahead. <b>RSVP</b>
<b>Monthly Lunch:</b>	"Don't Fall for Scams" sponsored by Senior Planning. <b>Tickets \$7</b>
<b>Movie Monday:</b>	"God Bless the Broken Road" Amber's ideal life is shattered when she loses her husband to the war in Afghanistan. Amber is forced to decide between the broken road she knows so well or trusting in a new path that God has provided.
<b>Step On It! :</b>	The launch day of our new walking program sponsored by Kindred Home Health. Receive your very own step-tracking bracelet and guide for getting started. <b>RSVP. Space is limited.</b>
<b>2019 Care Commission:</b>	Volunteers are needed each month to send cards to celebrate birthdays, well-wishes and sympathy. All supplies are provided. This is an informational meeting for those interested in volunteering.