

February

Monday	Tuesday	Wednesday	Thursday	Friday
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4				
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 1:00 Bingo sponsored by Morten Care Center 1:00 Line Dancing 1 1:00 Hand & Foot	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 Hypertension Care Seminar by IQH	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:30 ART 12:00 Bridge 1:00 ART/Dominoes	9:30 Fitness 360 11:00 Rankin Chamber <u>Lunch & Learn</u> <u>"What's Important to</u> <u>Me" Pax Hospice & A</u> <u>First Name Basis</u> 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
8				
11				
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 11:00 Color Me Crazy 1:00 Line Dancing 1 1:00 Hand & Foot	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	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 Yoga I 1:00 Dominoes 1:00 Line Dance 2 2:30 Beading Beauties \$8	8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta
15				
18				
 <p>City Hall Closed</p>	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	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:30 ART 12:00 Bridge 1:00 ART 101 - Mixing Colors 1:00 Dominoes	9:30 Fitness 360 10:15 Yoga I 1:00 Dominoes 1:00 Line Dance 2 1:00 Nursing Home Education Seminar by IQH 2:00 Line Dancing <i>Jan-Feb-Mar</i> <i>Birthday Celebration</i>	8:30 Gentle Joints 9:15 Fitness Fun 11:30 Luncheon <u>Cupid Mash-Up</u> Guitarist Nathaniel Pritt Sponsored by Wright & Ferguson Tickets \$7
22				
25				
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 1:00 Line Dancing 1 1:00 Hand & Foot 1:00 Movie Monday <i>Orphan Horse</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/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 10:15 Yoga I 1:00 Dominoes 1:00 Line Dance 2 1:00 Mardi Gras Ball <u>Dance Tickets Free</u> Sponsor Humana, Kare-In- Home & St. Catherine's	
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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.
Yoga I	Bring your own mat. Gentle flowing yoga poses.

Brandon Senior Center Weekly Activities

ART & ART 101	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 assists & guides each student through their own piece at their own pace. ART 101 a focused lesson on technique.
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, Hand & Foot 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

Crochet Club:	Beginners, intermediate or advance students welcome. Teacher available on 1 st & 2 nd Tues.
Hypertension Care Seminar:	Over 700,000 Mississippians have high-blood pressure. Join our medical expert to get tips and information on the management of hypertension. Sponsored by IQH
Line Dance:	Birthday Celebration - Celebrating our dancing Jan – Feb – Mar birthday babies.
Luncheon:	Cupid Mash-Up. It's not what you know, but who! Fun trivia and mixer games. Plus great entertainment from guitarist Nathaniel Pritt provided by Wright & Ferguson.
Mardi Gras Ball:	Tickets are FREE and masks are optional to our Mardi Gras Ball! Attire: Mardi Gras Party Flair sponsored by Humana, Kare-In-Home, and St. Catherine's Village
Movie Monday:	"Orphan Horse" - A young runaway foster child bonds with an orphaned horse as she is offered shelter by a farmer. As the farmer sees the friendship between the girl and his foal bloom, he asks for her help with the troubled, yet fiery horse
Nursing Home Education Seminar:	IQH (Information & Quality Healthcare – a nonprofit, unaffiliated, Medicare beneficiary's educator) presents information you need to know about nursing home care and rights. Be better educated for the one's you love.
Rankin Chamber Lunch & Learn:	<u>RSVP required.</u> Sign-up at Brandon Senior Center. "What's Important to Me" with Pax Hospice and A First Name Basis. Lunch provided.