



March

Monday		Tuesday		Wednesday		Thursday		Friday	
1									
								8:30	Gentle Joints
								9:15	Fitness Fun
								12:00	Phase 10
								12:00	Canasta
4		5		6		7		8	
8:30	Gentle Joints	8:30	Men's Coffee	8:30	Gentle Joints	9:30	Fitness 360	8:30	Gentle Joints
9:15	Fitness Fun	9:00	Bible Study	9:15	Fitness Fun	10:15	Yoga 1	9:15	Fitness Fun
9:30	Music Group	9:30	Fitness 360	10:00	Dance Fit	11:15	Cooking Club	12:00	Phase 10
10:00	Dance Fit	10:15	Intro Yoga	10:30	ART	Irish to Italian		12:00	Canasta
11:00	Hand & Foot	11:00	Crochet Club	12:00	Bridge	from Pasta to Potatoes		1:00	Bunco \$5
12:30	FREE Hearing Screenings	11:00	Learn Spanish thru the Word & Hymns	1:00	ART	a Feast for All			
1:00	Bingo sponsored by UMMC Hearing	1:00	ART/Dominoes	1:00	Dominoes	1:00	Dominoes		
1:00	Line Dancing 1	1:00	Line Dance 2			1:00	Line Dance 2		
						1:00	Care Transition Seminar by IQH		
11		12		13		14		15	
8:30	Gentle Joints	8:30	Men's Coffee	8:30	Gentle Joints	9:30	Fitness 360	8:30	Gentle Joints
9:15	Fitness Fun	9:00	Bible Study	9:15	Fitness Fun	No Yoga		9:15	Fitness Fun
9:30	Music Group	9:30	Fitness 360	10:00	Dance Fit	1:00	Dominoes	10:30	Bingo
10:00	Dance Fit	10:15	Intro Yoga	10:30	ART	1:00	Line Dance 2	sponsored by St. Catherine's Village by St. Dominic's	
11:00	Hand & Foot	11:00	Crochet Club	12:00	Bridge	2:30	Beading Beauties \$5	12:00	Phase 10
11:00	Color Me Crazy	No Spanish		1:00	ART	Necklace & Earrings		12:00	Canasta
1:00	Line Dancing 1	1:00	ART/Dominoes	1:00	Dominoes				
		1:00	Line Dance 2						
18		19		20		21		22	
8:30	Gentle Joints	8:30	Men's Coffee	8:30	Gentle Joints	9:30	Fitness 360	8:30	Gentle Joints
9:15	Fitness Fun	9:00	Bible Study	9:15	Fitness Fun	10:15	Yoga I	9:15	Fitness Fun
9:30	Music Group	9:30	Fitness 360	10:00	Dance Fit	1:00	Dominoes	11:30	Luncheon \$7
10:00	Dance Fit	10:15	Intro Yoga	10:30	ART	1:00	Line Dance 2	Sponsored by Palladia The Mind Center Presents and Don't Press Your Luck Games	
11:00	Hand & Foot	11:00	Crochet Club	12:00	Bridge	1:00	Dementia Ed Seminar - Signs & Symptoms by IQH	12:00	Phase 10
1:00	Vision Board Fun w/Shari Crook	11:00	Learn Spanish thru the Word & Hymns	1:00	ART 101 - Backgrounds			12:00	Canasta
1:00	Line Dancing 1	1:00	ART/Dominoes	1:00	Dominoes				
		1:00	Line Dance 2						
25		26		27		28		29	
8:30	Gentle Joints	8:30	Men's Coffee	8:30	Gentle Joints	9:30	Fitness 360	8:30	Gentle Joints
9:15	Fitness Fun	9:00	Bible Study	9:15	Fitness Fun	10:15	Yoga I	9:15	Fitness Fun
9:30	Music Group	9:30	Fitness 360	10:00	Dance Fit	1:00	Dominoes	12:00	Phase 10
10:00	Dance Fit	10:15	Intro Yoga	10:30	ART	1:00	Line Dance 2	12:00	Canasta
11:00	Hand & Foot	11:30	Lunch & Learn	12:00	Bridge	2:00	Book Club		
1:00	Movie Monday Finding Your Feet sponsored by Kare-In-Home	The Advantages of Pre-Planning with Wright & Ferguson		1:00	ART	Guests on Earth by Lee Smith			
1:00	Line Dancing 1	1:00	ART/Dominoes	1:00	ART				
		1:00	Line Dance 2	1:00	Dominoes				
		1:00	IQH Diabetes Ed Seminar						

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.
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	
Book Club:	"Guest on Earth" by Lee Smith. Join us and discuss the book of the month.
Cooking Club:	Bring a dish & recipe to share for our Italian Feast themed cooking club.
Crochet Club:	Beginners, intermediate or advance students welcome. Teacher available on 1 st & 2 nd Tues.
Hearing Screenings:	Free! Our Bingo sponsor UMMC will provide hearing screenings from 12:30-1pm and immediately following Bingo.
IQH Educational Seminar:	Join our medical expert to get tips & information on topics specific to senior life. Sponsored by Informed Quality Healthcare. Care Transition, Dementia Education, & Diabetes Education.
Learn Spanish thru the Word & Hymns	Our instructor will utilize familiar hymns and scripture to teach Spanish.
Lunch & Learn	Have lunch and learn about the Advantages of Pre-Planning with Wright & Ferguson. RSVP required limited space available.
Luncheon:	The Mind Center Present. Learn about the latest research in battling Alzheimer. AND fun games sponsored by Palladia. Chicken Fettuccini, Salad & Cookie Pizza \$7 ticket price.
Movie Monday:	"Finding Your Feet" - On the eve of retirement a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister. By Kare-In-Home
Vision Board Fun:	Take all the things in life that make you happy. Set goals for yourself. This is a fun, reflective, and meaningful time to envision your life and how you would like to experience it. Sponsored and led by Shari Crook. Begin NOW, gathering images from magazines to add your vision board. Feel free to bring magazines to share.