

The City of Brandon  
Senior Services Center

# April

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 11:00 Hand & Foot <b>1:00 Craft- Easter Egg Wreath</b> 1:00 Line Dancing 1	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga <b>11:00 Crochet Club</b> <b>11:00 Learn Spanish</b> 1:00 ART/Dominos 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 Dominos	9:30 Fitness 360 10:15 Yoga 1 <b>11:15 Cooking Club</b> <u>Spring Salads</u> 1:00 Dominos 1:00 Line Dance 2 <b>1:00 Depression in Seniors</b> by IQH	8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 11:00 Hand & Foot <b>1:00 Bingo sponsored Love &amp; Faith HH</b> 1:00 Line Dancing 1	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga <b>11:00 Crochet Club</b> <b>11:00 Learn Spanish</b> 1:00 ART/Dominos 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 Dominos	9:30 Fitness 360 10:15 Yoga 1 1:00 Dominos 1:00 Line Dance 2 <b>2:30 Beading \$4</b> <u>Button Earrings</u>	8:30 Gentle Joints 9:15 Fitness Fun <b>10:30 Bingo sponsor</b> <u>Castlewoods Place</u> 12:00 Phase 10 12:00 Canasta <b>1:00 Bunco \$5</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 11:00 Hand & Foot <b>11:00 Color Me Crazy</b> 1:00 Line Dancing 1	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga <b>11:00 Crochet Club</b> <b>11:00 Learn Spanish</b> 1:00 ART/Dominos 1:00 Line Dance 2	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit <b>9-12: Free BP Screening</b> 10:30 ART 12:00 Bridge <b>1:00 ART 101- Brush Uses</b> 1:00 Dominos	9:30 Fitness 360 10:15 Yoga I 1:00 Dominos 1:00 Line Dance 2	<b>City Hall Closed</b> <b>Good Friday</b> 
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 11:00 Hand & Foot 1:00 Line Dancing 1	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga <b>11:00 Crochet Club</b> <b>11:00 Learn Spanish</b> 1:00 ART/Dominos 1:00 Line Dance 2 <b>1:00 Medicare 101</b> <u>by Humana</u>	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:30 ART 12:00 Bridge 1:00 ART 1:00 Dominos	9:30 Fitness 360 10:15 Yoga I 1:00 Dominos 1:00 Line Dance 2 <b>2:00 Book Club</b> <u>Crooked Letter</u> <u>Crooked Letter</u> <u>by Tom Franklin</u>	8:30 Gentle Joints 9:15 Fitness Fun <b>11:30 Luncheon \$7</b> <u>Sassy Steppers</u> 12:00 Phase 10 12:00 Canasta
<b>29</b>	<b>30</b>			
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 11:00 Hand & Foot 1:00 Line Dancing 1 <b>1:00 Movie Monday</b> <b>"Instant Family"</b>	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga <b>11:00 Crochet Club</b> <b>11:00 Learn Spanish</b> 1:00 ART/Dominos 1:00 Line Dance 2	<p><b>Purple - Free RSVP Required    Red - Ticket or Supply Cost</b> <b>Blue - Fitness Classes</b></p> 		

## 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>Yoga I</b>	Bring your own mat. Gentle flowing yoga poses.

## Brandon Senior Center Weekly Activities

<b>ART &amp; ART 101</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. The instructor assists & guides each student through their own piece at their own pace. <b>ART 101</b> a focused lesson on technique.
<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>Crochet Club:</b>	Beginners, intermediate or advance students welcome. Teacher available on 1 <sup>st</sup> & 2 <sup>nd</sup> Tues.
<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, Hand & Foot etc.) are open to new participants. Join us for great fellowship and fun challenges.
<b>Learn Spanish:</b>	Our instructor will utilize familiar hymns and scripture to teach Spanish.
<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>Book Club:</b>	"Crooked Letter, Crooked Letter" by Tom Franklin. Join us and discuss the book of the month.
<b>Cooking Club:</b>	Bring a dish & recipe to share for our Spring Salads themed cooking club.
<b>Craft:</b>	Easter Egg Wreath. Bring your own supplies. Sign-Up and Pick-up supply list at Sr. Ctr. Office.
<b>IQH Educational Seminar:</b>	Join our medical expert to get tips & information on topics specific to senior life. Sponsored by Informed Quality Healthcare. Depression in Seniors is this month's topic.
<b>Luncheon:</b>	We will enjoy the The "Sassy Steppers" kicking up their heels to fun up beat tunes. Tickets: \$7 Menu:
<b>Medicare 101</b>	Educate yourself on changes to the Medicare program and supplements.
<b>Movie Monday:</b>	"Instant Family" - A couple find themselves in over their heads when they foster three children.