

The City of Brandon
Senior Services Center

June

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 11:00 Hand & Foot 1:00 Bingo sponsored <i>Chateau Ridgeland</i> 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 11:00 Learn Spanish 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 1:00 Rook	Rankin Chamber Senior Health Fair <i>9am- Noon @Clyde Muse Center</i> 9:30 Fitness 360 10:15 Yoga 1 1:00 Dominoes 1:00 Line Dance 2	8:30 Gentle Joints 9:15 Fitness Fun 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 11:00 Hand & Foot 11:00 Color Me Crazy 1:00 Line Dancing 1	8:30 Men's Appreciation Breakfast by Compassus 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga 11:00 Crochet Club 11:00 Learn Spanish 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 1:00 Rook	9:30 Fitness 360 10:15 Yoga 1 11:15 Cooking Club <i>Your Best BBQ</i> 1:00 Dominoes 1:00 Line Dance 2 2:30 Beading Ombre Necklace	8:30 Gentle Joints 9:15 Fitness Fun 10:30 Bingo sponsor <i>Castlewoods Place</i> 12:00 Phase 10 12:00 Canasta 1:00 Bunco \$5
17	18	19	20	21
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 1:00 Bingo Jr! 😊	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga 11:00 Crochet Club 11:00 Learn Spanish 1:00 ART/Dominoes 1:00 Line Dance 2 1:00 Sciatica Pain Relief w/Baptist PT	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:30 ART 12:00 Bridge 1:00 ART 101- <i>"Blending Backgrounds"</i> 1:00 Dominoes 1:00 Rook	9:30 Fitness 360 10:15 Yoga I 1:00 Dominoes 1:00 Line Dance 2	8:30 Gentle Joints 9:15 Fitness Fun 11:30 Luncheon \$7 <i>Q & A with Geriatrician Dr. S. Shipley, Picnic Potluck! A-L Dessert M-Z Side/Salad</i> 12:00 Phase 10 12:00 Canasta
24	25	26	27	28
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 1:00 Movie Monday <i>"Hachi"</i> 😊	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga 11:00 Crochet Club 11:00 Learn Spanish 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 1:00 Rook	9:30 Fitness 360 10:15 Yoga I 1:00 Dominoes 1:00 Line Dance 2 2:00 Book Club <i>My Grandmother Asked Me to Tell You She's Sorry</i> Frederick Bachman	8:30 Gentle Joints 9:15 Fitness Fun 10:30 Roadtrip to The Waterford in Ridgeland <i>FREE Catfish lunch.</i> 12:00 Phase 10 12:00 Canasta

😊 Kid Friendly Summer Events

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.
Crochet Club	Beginners, intermediate or advance students welcome. Teacher available on 1 st & 2 nd Tues.
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, Rook, etc.) are open to new participants. Join us for great fellowship and fun challenges.
Learn Spanish	Instructor led beginner Spanish. Join at any time.
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

Bingo Jr!	Bring your favorite little people for Bingo. Everyone is welcome to attend. Children NOT required.
Book Club:	<i>My Grandmother Asked Me to Tell You She's Sorry -Frederick Bachman</i> Elsa's grandmother fills her with crazy stories. And it's stories like these that help us to discover our own role in the world.
Cooking Club:	"Your Best BBQ" Bring a dish & recipe to share for our themed cooking club celebrating BBQ.
Luncheon:	A Q & A session with Dr. S. Shipley. Submit your questions in advance! And it's a potluck! A-L brings dessert and M-Z brings a salad or side dish. Senior Center will provide Brisket.
Men's Breakfast	We appreciate our men and all they do. Breakfast provided by Compassus Hospice & Palliative Care.
Movie Monday:	"Hachi" – A college professor bonds with an abandoned dog that he takes into his home.
Rankin Chamber Senior Health Fair:	Race to Good Health! We've teamed up with Merit Health to present the Community Health Fair. Location: Clyde Muse Center - Hinds Community College Rankin Campus - (515 Country Place Parkway, in Pearl) for FREE lunch, screenings, prizes and more. Attendees must arrive by 10:30am to receive free lunch ticket. Must be present to win GRAND PRIZE.
Roadtrip to the Waterford:	Meet at the Brandon Senior Center and take a roadtrip to The Waterford in Ridgeland to enjoy a catfish lunch and tour of the grounds.
Sciatica Pain Relief:	Baptist Physical Therapist, Robbin Lee, addresses issues surrounding sciatic pain and treatment.