

The City of Brandon  
Senior Services Center

# May

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>				
		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 <b>11:00 Rankin Chamber @ Pearl Sr. Ctr.</b> 1:00 Dominoes 1:00 Line Dance 2 <b>2:30 Beading Beauty Pearl &amp; Crystal \$3</b>	8:30 Gentle Joints 9:15 Fitness Fun <b>11:00 Brown Bag Picnic at Brandon Amphitheater</b> 12:00 Phase 10 12:00 Canasta
		<b>2</b>		
<b>3</b>				
<b>6</b>		<b>7</b>		<b>8</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 PeachTree</b> 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 <b>11:00 Learn Spanish</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 1:00 Rook	9:30 Fitness 360 10:15 Yoga 1 <b>11:15 Cooking Club Cinco De Mayo</b> 1:00 Dominoes 1:00 Line Dance 2	8:30 Gentle Joints 9:15 Fitness Fun <b>10:30 Bingo sponsor Castlewoods Place</b> 12:00 Phase 10 12:00 Canasta <b>1:00 Bunco \$5</b>
<b>13</b>		<b>14</b>		<b>15</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- MS Door Decor</b> <b>12-4 AARP Safe Driving Course</b> 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 <b>11:00 Learn Spanish</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 <b>1:00 ART 101- "What the Eye Can't See"</b> 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 <b>11:30 Luncheon \$7 Musician Skip MacDonald</b> 12:00 Phase 10 12:00 Canasta
<b>20</b>		<b>21</b>		<b>22</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 <b>1:00 Movie Monday</b>	8:30 Men's Coffee 9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga 11:00 Crochet Club <b>11:00 Learn Spanish</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 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 12:00 Phase 10 12:00 Canasta
<b>27</b>		<b>28</b>		<b>29</b>
 <b>Memorial DAY</b> <b>City Hall Closed</b>	<b>No Men's Coffee</b>	8:30 Gentle Joints 9:15 Fitness Fun <b>No Dance Fit</b> 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 <b>2:00 Book Club "The President is Missing" Patterson/Clinton</b>	8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta
	9:00 Bible Study 9:30 Fitness 360 10:15 Intro Yoga <b>No Crochet</b> <b>No Spanish</b> 1:00 ART/Dominoes 1:00 Line Dance 2	<b>30</b>		<b>31</b>

## 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, Rook, etc.) are open to new participants. Join us for great fellowship and fun challenges.
<b>Learn Spanish</b>	Instructor led beginner Spanish. Join at any time.
<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>AARP Driving Course</b>	\$15 for AARP Members/\$20 for Non-Members: Many insurance companies give a discount for attending the AARP Safe Driver Course. Sign-up in Senior Center Office.
<b>Book Club:</b>	"The President is Missing" Patterson/Clinton- Enemies are planning an attack of unprecedented scale on America. Uncertainty and fear grip Washington. There are whispers of cyberterror and espionage and a traitor in the cabinet. The President himself becomes a suspect, and then goes missing...
<b>Brown Bag Picnic</b>	Bring your <i>Brown Bag Lunch</i> and join us at the Brandon Amphitheater for a picnic at the private Community Bank Club Patio.
<b>Cooking Club:</b>	"Cinco de Mayo" Bring a dish & recipe to share for our Spring Salads themed cooking club.
<b>Craft:</b>	MS Summer Door Décor. Space is limited. \$10 supply fee
<b>Luncheon:</b>	Singer Skip MacDonald and a lovely lunch. What a great way to spend a May day. Tickets: \$7 Menu:
<b>Movie Monday:</b>	"Overboard" - After a spoiled, wealthy yacht owner is thrown overboard and loses his memory, a mistreated employee convinces him that he is her working-class husband.
<b>Rankin Chamber</b>	Lunch & Learn at Pearl Senior Center – Limited space available. Sign-up at the Brandon Senior Center.