


August

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						9:30 Fitness 360 10:15 Yoga 1 11:00 Lunch & Learn at Richland Sr Ctr 11:15 Cooking Club Vegetarian 1:00 Dominoes 1:00 Line Dance 2		8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta	
		5		6		7		8	
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>Compassus</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		9:30 Fitness 360 10:15 Yoga 1 1:00 Dominoes 1:00 Line Dance 2 2:30 Beading - FULL <i>Christmas Ornament</i>		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	
12		13		14		15		16	
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 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		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	
19		20		21		22		23	
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 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 101- Pour Paint 1:00 Dominoes		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>Walter Herbison</i> 12:00 Phase 10 12:00 Canasta	
26		27		28		29		30	
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>"Little" sponsored by Kindred</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		9:30 Fitness 360 10:15 Yoga I 1:00 Dominoes 1:00 Line Dance 2 2:00 Book Club <i>Natchez Burning by Greg Isles</i>		8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta	

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 etc.) are open to new participants. Join us for great fellowship and fun challenges.
Learn Spanish	Our instructor will utilize familiar hymns and scripture to teach Spanish.
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	"Natchez Burning" by Greg Isles. Join us and discuss the book of the month.
Cooking Club	Bring a dish & recipe to share for our <u>vegetarian</u> themed cooking club.
Luncheon	We will enjoy the rich tunes of Walter Herbison as he serenades us. Tickets: \$7
Movie Monday	"Little" – With the pressures of adult life being too much, a career woman is hilariously transformed into her younger self