

September

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Labor Day City Hall Closed</p>	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 11:00 Makin Memories 12:00 Bridge 1:00 ART 1:00 Dominoes	9:30 Fitness 360 10:15 Yoga 1 11:15 Cooking Club Tailgate Party 1:00 Dominoes 1:00 Line Dance 2	8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta
9	10	11	12	13
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>Electronic Caregiver</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 2:00 Medicare ABCs	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:00 Makin Memories 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 \$4 <i>Kay's Necklace</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
16	17	18	19	20
8:30 Gentle Joints 9:00 Feeding the Gulf Coast Sr. Food Pantry 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 10:00 Makin Memories 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 11:30 Luncheon \$7 Honey the Therapy Dog 12:00 Phase 10 12:00 Canasta
23	24	25	26	27
8:30 Gentle Joints 9:15 Fitness Fun 9:30 Music Group 10:00 Dance Fit 11:00 Hand & Foot 11:00 iPhone 101 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 1-3PM Sock Hop Dance <i>Kare-in-Home & AllWell</i>	8:30 Gentle Joints 9:15 Fitness Fun 10:00 Dance Fit 10:30 ART 10:00 Makin Memories 10:30 ART 1:00 ART 101 - Perspective 1:00 Dominoes	9:30 Fitness 360 10:15 Yoga I 11:30 Treat Bags for Homecare Hospice Patients 1:00 Dominoes 1:00 Line Dance 2 2:00 Book Club <i>"Still Alice"</i>	8:30 Gentle Joints 9:15 Fitness Fun 12:00 Phase 10 12:00 Canasta
30	<div style="display: flex; justify-content: space-around; align-items: center;">      </div> <p style="text-align: center;"> Purple - Free RSVP Required Red - Ticket or Supply Cost Blue - Fitness Classes </p>			
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>Breakthrough</i>				

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 here 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.
Makin' Memories	Learn to take all those stories and memories and turn them into memoirs to share or record for yourself. Taught by Linda Horton, Reporter for Rankin County News.
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	"Still Alice" by Lisa Genova. Join us and discuss the book of the month.
Cooking Club	Bring a dish & recipe to share for our <u>Tailgate Party</u> themed cooking club.
Dance – Sock Hop	Dress in your 50s best and bring your jitterbug for this fun dance! Light snacks provided. FREE! Sponsored by Kare-In-Home and AllWell.
Feeding the Gulf Coast	Grant funded program for seniors with food instability. Director will be on site to talk about the program and offer screenings.
iPhone 101	Bring your iPhone for this Q & A session.
Luncheon	Puppy love! The Life in a day with Honey the Therapy Dog. Tickets: \$7
Movie Monday "Breakthrough"	After a 14-yr-old falls into a frozen lake, his adoptive parents refuse to give up hope. A true story of intense prayer and miracles.
Treat Bags	Help us stuff Halloween Treat Bags for HomeCare Hospice patients.