

# March

The City of Brandon  
Senior Services Center

Monday		Tuesday		Wednesday		Thursday		Friday																	
2		3		4		5		6																	
8:30 Gentle Joints	9:15 Fitness Fun	9:30 Music Group	10:00 Dance Fit	11:00 Hand & Foot	1:00 <b>Bingo</b> sponsored by <a href="#">Brandon Fire Department</a>	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 Spanish II	12:00 Spanish I	1:00 ART	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 Line Dancing 1	1:00 <b>Genealogy 101</b>	8:30 Men's Coffee	9:00 Bible Study	9:30 Fitness 360	10:15 Intro Yoga	11:00 Crochet Club	11:00 Spanish II	12:00 Spanish I	1:00 ART	1:00 Dominoes	1:00 Line Dance 2	8:30 Gentle Joints	9:15 Fitness Fun	10:30 <b>Bingo</b> sponsor <a href="#">Castlewoods Place</a>	12:00 Phase 10	12:00 Canasta	1:00 <b>Bunco \$5</b>			
16		17		18		19		20																	
8:30 Gentle Joints	9:15 Fitness Fun	9:30 Music Group	10:00 Dance Fit	11:00 Hand & Foot	11:00 <b>AllWell</b>	<b>ABC &amp; Ds of Medicare</b>	8:30 Men's Coffee	9:00 Bible Study	9:30 Fitness 360	10:15 Intro Yoga	11:00 Crochet Club	11:00 Spanish II	12:00 Spanish I	1:00 ART/Dominoes	1-3pm <b>Irish Jig Dance w/ KareHome/OttLee/Amada</b>	8:30 Gentle Joints	9:15 Fitness Fun	11:30 <b>Lunch Bunch</b>	12:00 Phase 10	12:00 Canasta	1:00 <b>Beginner Dulcimer Ensemble</b>	4:00 <b>Teen Tech MYC</b>	<b>Smart Phone &amp; Touch Device 1-on-1 Help</b>		
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	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 Spanish II	12:00 Spanish I	1:00 ART	1:00 Line Dance 2	1:00 Dominoes	1:00 <b>Estate Planning w/McGee Realty</b>	8:30 Gentle Joints	9:15 Fitness Fun	11:30 <b>Luncheon FREE</b>	<b>Raymond James</b>	12:00 Phase 10	12:00 Canasta	12:00 <b>Bereavement Support Group</b> w/Compassus	1:00 Line Dance 2	2:00 <b>Book Club</b> "Full of Heart" <i>J.R. Martinez</i>
30		31																							
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 <b>Movie Monday</b>	<b>8:30-12 Diabetic Shoppe</b>																		

Purple - Free RSVP Required Red - Ticket or Supply Cost Blue - Fitness Classes

Thank you to this month's sponsors.



(A complete description of all events on back.)

## 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>	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>Beading &amp; Crafts</b>	Get crafty with us. From jewelry to home décor. Fee indicated for each event.
<b>Dulcimer Ensemble</b>	Come learn about the dulcimer. No prior experience of the dulcimer or music required.
<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>	Finger Gloves-Worsted Yarn, 4.5mm G Hook. EZ Socks-Sock Yarn/Sweet Roll, 5.5 mm I hook
<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>Spanish I and II*</b>	Spanish I – Beginner Spanish II – Beginner/Intermediate
<b>Makin' Memories*</b>	Learn to take all those stories and memories and turn them into memoires to share or record for yourself.
<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>Bereavement Support Group</b>	Get support. Give support. No matter your stage in the grief of the loss of a loved one, everyone can use support. Compassus Hospice hosts a monthly support group open to anyone at any stage.
<b>Book Club</b>	"Full Of Heart - My Story of Survival, Strength, and Spirit" A former US Army soldier who suffered severe burns while serving relates how he triumphed over many obstacles.
<b>Cooking Club</b>	Bring a dish & recipe to share for our March theme – <u>Irish: Potatoes and Green Things!</u>
<b>Crochet Club</b>	Pick up your supply list in the Senior Center for March's project.
<b>Estate Planning</b>	You can plan a stable future by taking care of important matters today. Presented by William Cavanaugh, ESQ
<b>Genealogy 101</b>	Our expert will guide you through the basics of genealogy.
<b>Lunch Bunch</b>	Pick-up your favorite lunch and share a meal with friends. Then stay for games free play!
<b>Luncheon</b>	FREE - Presented by Raymond James.
<b>Medicare ABCDs</b>	AllWell covers all your questions regarding your Medicare plan options.
<b>Movie Monday "Harriet"</b>	The tale of Harriet Tubman's escape from slavery and transformation in to one of America's greatest heroes.
<b>Teen Tech</b>	Mayor's Youth Council will be here for One-on-One help with your smart phones and personal devises.

\*Regular attendees of the classes listed above with a star (\*) who are NOT residents of the City of Brandon are asked to pay a \$10 monthly fee. Please speak to the Senior Center Coordinator, if you have any questions.