



August '20 virtual activity schedule

City of Brandon MS
Senior Center

MONDAY

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9am

Gentle Joints

Cardio Exercise in the
Chair

Mindful Mondays

Don't let being at home
stop you from having a
happy heart. From
centering & focusing
on ourselves to helping
others, let's get in the
right mindset together.

TUESDAY

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9am

Strength & Stretch

Tone and Flexibility for
Better Mobility

HeARTful Art

What's your favorite
way to artfully express
yourself? Painting,
music, poetry...?
Or maybe you enjoy
appreciating someone
else's artful
expression. This is a
day to do either.

WEDNESDAY

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9am

Lo-2-Go Cardio

Lo-Impact Cardio Mix

Train Your Brain

Cognitive games,
educational seminars,
cooking lessons, you
are never too old to
learn something new.

THURSDAY

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9am

Cardio Combo

Cardio & Body Weight
Strength

Travel Thursday

We'll take you on a
quick little getaway
right from your own
home. Pack light!

FRIDAY

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TBA

Feel Good Fridays

A little good news can
go a long way! Come
share a laugh with us.

Here's where you can
find us....

 facebook

@Brandon Seniors

 YouTube

Brandon MS Senior Center

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www.brandonms.org



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Virtual Fitness Class Descriptions

Exercise classes will be held as FB Live events!

Set a reminder and join us to get that fun interactive comradery you enjoy.

Can't make it to our FB Live event? All the FB Live classes go into our archives and can be watched at any time.

Cardio Combo	Lo-impact cardio exercise with body weight exercises for a stronger you!
Gentle Joints	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, and cardio health. Equipment used: Chair
Lo-2-Go	A combo of lo-impact cardio exercise for improved cardiovascular health.
Strength & Stretch	Strength training & flexibility moves for muscle endurance & balance; and core exercises for improved posture. All moves are low-impact and great for participants of all abilities. Participants can stand or be seated. Equipment used: Hand weights or home equivalent. Chair optional.

Brandon Senior Center Virtual Weekly Activities

Mindful Mondays	Start your week off by thinking of others. Take this day to mail a card or letter to a friend or loved one. And/or... The Brandon Senior Center highlights local and online options for volunteering while at home.
HeARTful Art	Beauty does the heart good! All forms of art will be highlighted to boost our mood. We will create our own art or appreciate the spirit & talents of other.
Train Your Brain	Why not learn something new while you have the time? Try cognitive brain games, watch an education or instructional video
Travel Thursdays	Take a trip right from your home! From some of the world's most famous destinations to an afternoon diversion. We've got your ticket travel.
Feel Good Fridays	A surprise HAPPY for you!

Where to find us....

Facebook	@BrandonSeniors or https://www.facebook.com/BrandonSeniors
YouTube	All videos can also be found on The City of Brandon Senior Center YouTube channel. This is a "file cabinet" of all videos in one, easily accessible place. Just go to www.youtube.com and search Brandon MS Senior Center or https://www.youtube.com/channel/UCy5nEOFsz7vzKSheFeDdGUg/