August '20 virtual activity schedule

**M O N D A Y**
- 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.

**T U E S D A Y**
- 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.

**W E D N E S D A Y**
- 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.

**T H U R S D A Y**
- 9am
  - Cardio Combo
  - Cardio & Body Weight Strength

**F R I D A Y**
TBA
- Feel Good Fridays
A little good news can go a long way! Come share a laugh with us.

- Travel Thursday
  - We’ll take you on a quick little getaway right from your own home. Pack light!

Here’s where you can find us….
facebook
@Brandon Seniors

Brandon MS Senior Center

Senior Services Center
1000 Municipal Drive
Brandon, MS 39042
www.brandonms.org

Angelia Pryor, Senior Services Coordinator
apryor@brandonms.org
601.824.7095
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.*

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
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<tbody>
<tr>
<td>Cardio Combo</td>
<td>Lo-impact cardio exercise with body weight exercises for a stronger you!</td>
</tr>
<tr>
<td>Gentle Joints</td>
<td>Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, and cardio health. Equipment used: Chair</td>
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<tr>
<td>Lo-2-Go</td>
<td>A combo of lo-impact cardio exercise for improved cardiovascular health.</td>
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<tr>
<td>Strength &amp; Stretch</td>
<td>Strength training &amp; flexibility moves for muscle endurance &amp; 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.</td>
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**Brandon Senior Center Virtual Weekly Activities**

<table>
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<th>Activity</th>
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<tr>
<td>Mindful Mondays</td>
<td>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.</td>
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<tr>
<td>HeARTful Art</td>
<td>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 &amp; talents of other.</td>
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<tr>
<td>Train Your Brain</td>
<td>Why not learn something new while you have the time? Try cognitive brain games, watch an education or instructional video</td>
</tr>
<tr>
<td>Travel Thursdays</td>
<td>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.</td>
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<tr>
<td>Feel Good Fridays</td>
<td>A surprise HAPPY for you!</td>
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**Where to find us....**

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<tr>
<td>Facebook</td>
<td>@BrandonSeniors or <a href="https://www.facebook.com/BrandonSeniors">https://www.facebook.com/BrandonSeniors</a></td>
</tr>
<tr>
<td>YouTube</td>
<td>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 <a href="http://www.youtube.com">www.youtube.com</a> and search Brandon MS Senior Center or <a href="https://www.youtube.com/channel/UCy5nEOFsz7vzKSHeFeDdGUg/">https://www.youtube.com/channel/UCy5nEOFsz7vzKSHeFeDdGUg/</a></td>
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