



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:30 Sit & Be Fit 9:15 Cardio Combo! 10:00 Gentle Stretch 1:00 Line Dancing	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo! 9:30 Bible Study 10:30 Art & Friends 10:45 Chateau Pines Cinco de Mayo Tour & Lunch 12:00 Bridge	8:30 Sit & Be Fit 9:15 Cardio & Tone 1:00 Line Dancing 2:00 Wellcare Educational	8:30 Music Group 11:00 Hand & Foot 12:00 Phase 10
10	11	12	13	14
8:30 Sit & Be Fit 9:15 Cardio Combo! 10:00 Gentle Stretch 1:00 Bingo sponsored by Kare-in-Home	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo! 9:30 Bible Study 10:30 Art & Friends 12:00 Bridge	8:30 Sit & Be Fit 9:15 Cardio & Tone 11:00 Lunch & Learn w/Humana 1:00 Line Dancing	8:30 Music Group 11:00 Hand & Foot 12:00 Phase 10 1:00 Bunco \$
17	18	19	20	21
8:30 Sit & Be Fit 9:15 Cardio Combo! 10:00 Gentle Stretch 1:00 Line Dancing	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo! 9:30 Bible Study 10:30 Art & Friends 12:00 Bridge	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Tai Chi 1:00 Line Dancing	8:30 Music Group 11:00 Hand & Foot 11:30 May Luncheon <i>Benefits of Advanced Planning</i> sponsored by Ott & Lee 12:00 Phase 10
24	25	26	27	28
8:30 Sit & Be Fit 9:15 Cardio Combo! 10:00 Gentle Stretch 1:00 Movie Monday <i>"News of the World"</i>	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo! 9:30 Bible Study 10:30 Art & Friends 12:00 Bridge	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Tai Chi 1:00 Line Dancing 1:00 Beading BYOP 2:00 Book Club TBA	8:30 Music Group 11:00 Hand & Foot 12:00 Phase 10
31				
City Hall Closed in observance of Memorial Day				

*All purple events require RSVP.
(Please see back page for description of activities.)*

Thank you to our sponsors!



Fitness Class Descriptions

Sit & Be Fit (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
Cardio Combo! (Beg/Intermediate) 45 min	Low-impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
Cardio & Tone (Inter/Advance) 45 min	Low-Impact standing cardio exercise with some standing and seated strength training. (45 min)
Gentle Stretch (Beginner) 30 min	A gentle combination of stretches for mobility and an introduction to seated yoga poses. (30 min)
Tai Chi (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.

Activities

Art & Friends	10:30-3:00 Come and go time with friends that share in their love of art. Bring your own projects and supplies.
Beading Beauties	BYOP – Bring Your Own Project to get help and finish what you’ve started.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson.
Book Club	May’s book: TBA – See sign-up sheet in Senior Center lobby.
Bunco \$	This is a fun, fast-paced, and easy to learn dice game. \$5 fee per person which goes towards prizes.
Cards & Games	All cards and games are open to all levels. If you are not sure how to play, come and sit along-side an experienced player to learn.
Chateau Pines Tour	Meet us at 10:45am at Chateau Pines for a tour and Cinco de Mayo lunch. RSVP required. Space is limited.
Line Dancing	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!
Lunch & Learn Humana	Q & A with a Humana representative. Lunch provided. RSVP required. Space is limited.
May Luncheon Ott & Lee	Benefits of Advanced Planning with Ott & Lee. Lunch provided. RSVP required. Space is limited.
Movie Monday <i>“News of the World”</i> (PG-13)	A Civil War veteran (Tom Hanks) agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt & uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Spanish I	Beginner Spanish for all those interested in learning a new language and exercising your brain.
WellCare Educational	Join in for a Q & A with a WellCare representative.



Please direct any questions you may have to the Senior Center Coordinator at
apryor@brandonms.org or 601.824.7095