

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Tai Chi 1:00 Line Dancing	9:00 Music Group 11:00 Hand & Foot 12:00 Phase 10
5	6	7	8	9
City Hall Closed Independence Day	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! 10:30 Art & Friends 12:00 Bridge*	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Tai Chi 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 11:00 Hand & Foot 12:00 Phase 10 1:00 Bunco \$5
12	13	14	15	16
8:30 Sit & Be Fit 9:15 Cardio Combo! 10:00 Gentle Stretch 1:00 Bingo sponsored by Peach Tree Village	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! 10:30 Art & Friends 12:00 Bridge*	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Tai Chi 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 11:00 Hand & Foot 12:00 Phase 10
19	20	21	22	23
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! 10:30 Art & Friends 12:00 Bridge*	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Tai Chi 11:00 Dulcimer 1:00 Beading \$7 1:00 Line Dancing	9:00 Music Group 11:00 Hand & Foot 12:00 Phase 10 11:30 Picnic Party Luncheon \$7
26	27	28	29	30
8:30 Sit & Be Fit 9:15 Cardio Combo! 10:00 Gentle Stretch 1:00 Movie Monday "The Courier"	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! 10:30 Art & Friends 12:00 Bridge*	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Tai Chi 11:00 Dulcimer 1:00 Line Dancing 2:00 Book Club The Paris Wife	9:00 Music Group 11:00 Hand & Foot 12:00 Phase 10

All purple events require RSVP.

(Please see back page for description of activities. *Bridge description on back.)

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	Come make a Tennis Bracelet!!! Ooh La La!!! Registration required.
Book Club	"The Paris Wife" by Paula McLain
Bridge	We have two Bridge groups active: Experienced Bridge Players and Beginner Bridge Players. To have the appropriate number of players, both groups require that our Bridge coordinator contact you to verify playing dates. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
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.
Crochet	Bring your own project. Give help and get help.
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!
Luncheon	Tickets will be \$7.
Movie Monday <i>"The Courier"</i>	THE COURIER is a true-life spy thriller, the story of an unassuming British businessman recruited into one of the greatest international conflicts in history. He forms a covert, dangerous partnership with a Soviet officer to provide crucial intelligence needed to prevent a nuclear confrontation and defuse the Cuban Missile Crisis.
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.



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