

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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 Line Dancing	9:00 Music Group 11:00 Hand & Foot 12:00 Phase 10
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
8:30 Sit & Be Fit 9:15 Cardio Combo! 10:00 Gentle Stretch 1:00 Bingo <i>sponsored by HomeCare Hospice</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! 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
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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 Line Dancing	9:00 Music Group 11:00 Hand & Foot 12:00 Phase 10
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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 Line Dancing 1:00 Beading \$6 2:00 Book Club	9:00 Music Group 11:00 Hand & Foot 12:00 Phase 10 11:30 Back to School Luncheon <i>sponsored by The Waterford</i>
<b>30</b>	<b>31</b>			
8:30 Sit & Be Fit 9:15 Cardio Combo! 10:00 Gentle Stretch 1:00 Movie Monday "The Father"	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish I 1:00 Line Dancing 1:00 Dominoes			

*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

<b>Sit &amp; Be Fit</b> (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)
<b>Cardio Combo!</b> (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)
<b>Cardio &amp; Tone</b> (Inter/Advance) 45 min	Low-Impact standing cardio exercise with some standing and seated strength training. (45 min)
<b>Gentle Stretch</b> (Beginner) 30 min	A gentle combination of stretches for mobility and an introduction to seated yoga poses. (30 min)
<b>Tai Chi</b> (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

<b>Art &amp; Friends</b>	10:30-3:00 4-week Acrylic Painting Series with instructor, Rosemary Joyce beginning August 4 <sup>th</sup> . All skill levels welcome. Bring pencil and paper for first class. Supply list will then be discussed.
<b>Beading Beauties</b>	\$6 - Red and Gold Star Ornament. Registration Required.
<b>Book Club</b>	<i>The Four Winds</i> - Kristen Hannah
<b>Bridge</b>	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.
<b>Bunco \$</b>	This is a fun, fast-paced, and easy to learn dice game. \$5 fee per person which goes towards prizes.
<b>Dulcimer</b>	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. Want to learn how to play? Grab a dulcimer and come on. Beginner or experienced Dulcimer players welcome.
<b>Cards &amp; Games</b>	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.
<b>Crochet</b>	Bring your own project. Give help and get help.
<b>Line Dancing</b>	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>Luncheon</b>	\$7 Back to School Luncheon. Bring your high school pictures and place in the envelopes provided (they will be returned) and let's see if we can guess Who's Who during the Back to School Luncheon. Door prizes!!! Deadline to bring pictures and purchase tickets August 23 <sup>rd</sup> .
<b>Movie Monday</b> <i>"The Father"</i> (PG-13)	A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality.
<b>Music Group</b>	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
<b>Spanish I</b>	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](mailto:dgaines@brandonms.org) or 601.824.7095