



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Senior Center Closed
4	5	6	7	8
<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo!</b> <b>10:00 Gentle Stretch/Intro. To Yoga</b> 1:00 Line Dancing	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> 10:30 Crochet 10:30 Spanish I 1:00 Line Dancing 1:00 Dominoes	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo!</b> 10:30 Art & Friends 12:00 Bridge*	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> <b>10:00 Tai Chi</b> 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10 <b>1:00 Bunco \$5</b>
11	12	13	14	15
<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo!</b> <b>10:00 Gentle Stretch/Intro. to Yoga</b> <b>1:00 Bingo</b> sponsored by Alfa Insurance	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> 10:30 Crochet 10:30 Spanish I 1:00 Line Dancing 1:00 Dominoes	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo!</b> 10:30 Art & Friends 12:00 Bridge* <b>*** State Fair Trip***</b>	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> <b>10:00 Tai Chi</b> 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10
18	19	20	21	22
<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo!</b> <b>10:00 Gentle Stretch/Intro. to Yoga</b> 1:00 Line Dancing	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> 10:30 Crochet 10:30 Spanish I 1:00 Line Dancing 1:00 Dominoes	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo!</b> 10:30 Art & Friends 12:00 Bridge*	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> <b>10:00 Tai Chi</b> 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10 <b>11:30 Luncheon \$7</b> Catering <a href="#">Harvey's Fish House</a> sponsored by Kare-in-Home
25	26	27	28	29
<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo!</b> <b>10:00 Gentle Stretch/Intro. to Yoga</b> <b>1:00 Movie Monday</b> "Hocus Pocus"	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> 10:30 Crochet 10:30 Spanish I 1:00 Line Dancing 1:00 Dominoes <b>1:00 iPhone Class</b> by St. Dominic's New Directions	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo!</b> <b>10:30 Art &amp; Friends w/ Beverly Woods</b> <b>"Rooster Painting"</b> 12:00 Bridge*	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> <b>10:00 Tai Chi</b> 11:00 Dulcimer 1:00 Line Dancing <b>1:00 Beading \$4</b> <b>1:00 iPhone Class</b> <b>2:00 Book Club</b>	9:00 Music Group 9:00 Bible Study 10:30 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

<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/ Intro to Yoga</b> (Beginner) 45 min	A gentle combination of stretches for mobility, an introduction to seated yoga poses, and ending with some floor yoga(yoga mat or towel needed) (45 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 Come and go time with friends that share in their love of art. Bring your own projects and supplies. October 27 <sup>th</sup> – “Colorful Rooster Painting” with Becky Woods. Bring your 8x12 canvas, acrylic paints and come have fun with us. Registration required. Limited spots available.
<b>Beading Beauties</b>	\$4 – Jump Ring Cloisonné Earrings. Bring your jewelry tools. Led by Linda Wolfe. Registration Required.
<b>Bible Study</b>	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
<b>Book Club</b>	<i>Where the Crawdads Sing – Delia Owens</i> (My new favorite!)
<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>Cards &amp; Games</b> (Hand and Foot, Phase 10, Dominoes)	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>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>iPhone Class</b>	1:00 – 3:00 Want to learn more about how to use your iPhone? Come join this two-day hands-on class. Maximum 15 participants. Sign up required.
<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-October Luncheon. Fish and Halloween. Come see what this strange theme is all about! We’ll be eating fish and wearing our Halloween Costumes for a chance to win a prize for the BEST costume!!! Entertainment by Sassy Steppers!
<b>Movie Monday</b> “Hocus Pocus”	A curious youngster moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.
<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.
<b>State Fair Trip</b>	8:30 Meet at Senior Center to caravan (in personal vehicles) or 9:00 Meet at Entrance to Coliseum. See separate handout for more information.

**Please direct any questions you may have to the Senior Center Coordinator at [dgaines@brandonms.org](mailto:dgaines@brandonms.org) or 601.824.7095**