

The City of
Brandon
Senior Services
Center



November

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Gentle Stretch/ Intro. To Yoga 1:00 Bingo sponsored by The Nichols Center <i>wear Red/White/Blue for Vets</i>	8:30 Men's Coffee Sponsored by: Chateau Pines 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Art & Friends 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Tai Chi 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:00 Pajama Breakfast <i>sponsored by HomeCare Hospice</i> 10:30 Hand and Foot 12:00 Phase 10
8	9	10	11	12
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Gentle Stretch/ Intro. To Yoga 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Medicare Q & A w/Humana 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Art & Friends <i>Acrylic painting "Autumn Road"</i> 12:00 Bridge* 1:00 Art & Friends	VETERANS DAY HONORING ALL WHO SERVED City Hall Closed	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10 1:00 Bunco \$5
15	16	17	18	19
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Gentle Stretch/ Intro. To Yoga 1:00 Fall Prevention Demonstration <i>sponsored by Electronic Caregiver</i>	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Art & Friends <i>Acrylic painting "Boats in Harbor"</i> 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Tai Chi 11:00 Dulcimer 1:00 Line Dancing 1:00 Beading \$8 <i>Angel Earrings and necklace</i> 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 10:30 A Thankful Christmas <i>at FBC Jackson</i> 12:00 Phase 10
22	23	24	25	26
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Gentle Stretch/ Intro. To Yoga 1:00 Line Dancing 1 1:00 Christmas Decor Craft \$4	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo No Activities after 10am	 City Hall Closed	
29	30			
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Gentle Stretch/ Intro. To Yoga 1:00 Movie Monday "Queen Bees"	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes			

Purple - RSVP Required, Blue - Fitness Classes, Yellow – It's BACK

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

Thank you to this month's 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/ Intro to Yoga (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).
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

A Thankful Christmas	This is a Luncheon provided by First Baptist Church Jackson. Entertainment provided. This event required an early sign up and is full.
Art & Friends	Nov. 3 rd – Come and go time with friends that share in their love of art. Bring your own projects and supplies. Nov. 10 th and 17 th – Acrylic Painting with Guest Instructor, Beverly Woods. Supplies needed: Canvas and Acrylic Paints, Paintbrushes.
Beading Beauties	\$8 – Angel Earrings and Necklace
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
Book Club	<i>Killing Lincoln</i> – Bill O'Reilly
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 (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.
Craft	\$4 - Christmas Cone Craft. Come make something you will be proud to display. This will be a beautiful addition to your Christmas Decorations.
Crochet	Bring your own project. Give help and get help.
Dulcimer	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.
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!
Medicare Q & A	Come get your Medicare enrollment questions with Josh Errington from Humana.
Movie Monday "Queen Bees"	After reluctantly agreeing to move into a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Pajama Breakfast	Wear your pajamas and come have breakfast and have a good time.
Spanish I	Beginner Spanish for all those interested in learning a new language and exercising your brain.