



The City of Brandon
Senior Services Center

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Art BLUEBIRD WATERCOLOR 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 10:30 Hand and Foot 12:00 Phase 10
6	7	8	9	10
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Senior Yoga 1:00 Birthday Bingo with All Ways Caring HomeCare	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 1:00 Line Dancing 1:00 Dominos	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:00 Tai Chi 10:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10 1:00 Bunco \$5
13	14	15	16	17
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Senior Yoga 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio & Tone 10:30 Crochet 11:30 LUNCH & LEARN with Traditions Health 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Art 11:00 -IT'S CARNIVAL 12:00 TIME!!! 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 10:30 Hand & Foot 12:00 Phase 10
20	21	22	23	24
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Senior Yoga 1:00 Movie Monday BRING THE GRANDS! SING 2	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 Beginner Art 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	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon \$7 ALL ABOUT PEACHES WITH BANKS PEACH FARM HARVEY'S FISH HUT FOR LUNCH
27	28	29	30	
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Senior Yoga 1:00 Line Dancing	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 Beginner Art 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 2:00 Book Club	

•Purple - RSVP Required •Blue - Fitness Classes •Red - Fee Required

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)
Senior Yoga	Gentle stretches and introduction to yoga poses while seated in a chair or on a mat.
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	Come and go time with friends that share in their love of art. Bring your own projects and supplies.
Beginner Art	Join our instructor as she guides students through the fundamentals of watercolor painting for beginners.
Beading Beauties	Annual Christmas ornament. \$8 fee paid to instructor. Sign-up in advance. Class will meet on 6/23 & 6/30.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
Bingo	Celebrating our June birthday's along with a fun game of Bingo with All Ways Caring HomeCare.
Book Club	<i>The Guest List by Lucy Foley.</i> On an island off the coast of Ireland, guests gather to celebrate two people joining their lives together as one. And then someone turns up dead. Who didn't wish the happy couple well?
Bridge	We have two Bridge groups active: Experienced Bridge Players and Beginner Bridge Players. 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.
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.
It's Carnival Time	Step right up!! Join Peachtree Village for an hour full of CARNIVAL FUN!! Don't forget to stop by the ice cream truck for a scoop of your favorite homemade ice cream or an Original New Orleans Style Snoball!!
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. 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!
Lunch & Learn	Traditions Health will provide us with lunch and beneficial information on Home Health and Hospice Care.
Movie Monday	"Sing 2" Bring the grands or come with friends!! "Sing 2" is a jukebox musical film that will have you dancing in your seat!!
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.