



The City of Brandon
Senior Services Center

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:00 Music Group 9:00 Bible Study 10:30 Hand and Foot 12:00 Phase 10
4	5	6	7	8
HAPPY FOURTH OF JULY	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominos	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Art 11:00 Veteran's Appreciation Lunch 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 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 1:00 Bunco \$5
11	12	13	14	15
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 BIRTHDAY BINGO with The Waterford on Highland Colony	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Crochet 10:30 Spanish 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 Combo 10:00 Tai Chi 11:00 Dulcimer 11:00 LUNCH & LEARN with Compassionate Consulting 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
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 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 11:00 MINUTE TO WIN IT GAME WITH OTT & LEE 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo NO TAI CHI 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon \$7 Guest Speaker: Butch Bailey, Forester with MS State University Menu: TBA 12:00 Phase 10
25	26	27	28	29
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Movie Monday Father of the Bride 2022	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 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 Combo NO TAI CHI 11:00 Dulcimer 1:00 Line Dancing 1:00 Beading \$4 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10

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

Fitness Class Descriptions

Sit & Be Fit (Beginner)	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance.
Cardio Combo! (Beg/Intermediate)	Low-impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training.
Tai Chi (Beginner)	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	This month we'll be working on a Mobius bracelet. \$4 fee paid to instructor. Sign-up in advance.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
Bingo	Celebrating our July birthday's along with a fun game of Bingo with The Waterford on Highland Colony.
Book Club	<i>We Were Never Here by Andrea Bartz</i> Emily is having the time of her life—she's in the mountains of Chile with her best friend, Kristen, and the women are feeling closer than ever. But on the last night of the trip, Emily enters their hotel suite to find blood and broken glass on the floor. Kristen says the cute backpacker she brought back to their room attacked her. Was it self-defense?
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.
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	Ashley Parker with Compassionate Consulting will provide lunch and beneficial information on care planning for seniors.
Minute To Win It	Teams will take part in a series of 60-second challenges that use objects that are commonly available around the house.
Movie Monday	A father must come to grips with his daughter's upcoming wedding and handle multiple relationships within his sprawling Cuban American family.
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.