



The City of Brandon  
Senior Services Center

# September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:00 <b>Tai Chi</b> 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand and Foot 12:00 Phase 10
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>CITY HALL CLOSED</b>	8:30 Men's Coffee 8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominos	8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:30 Art & Friends 12:00 Bridge 1:00 Art & Friends	8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:00 <b>NO TAI CHI</b> 10:30 <b>Cooperwood Senior Living Tour &amp; Lunch</b> 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:00 <b>Grandparents Day Brunch</b> 10:30 Hand & Foot 12:00 Phase 10 1:00 <b>Bunco \$5</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 1:00 <b>Birthday Bingo</b> <b>Johnetta Red with SMP (Senior Medicare Patrol)</b>	8:30 Men's Coffee 8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:30 Crochet 10:30 Spanish 1:00 Dominoes 1:00 Line Dancing	8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:30 Art & Friends 11:00 <b>Lunch &amp; Learn with The Waterford Fall Prevention*</b> 12:00 Bridge 1:00 Art & Friends	8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:00 Spanish 10:00 <b>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>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 1:00 Line Dancing 1:30 <b>Learn to Play Bridge</b>	8:30 Men's Coffee 8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:30 Crochet 10:30 Spanish 1:00 Dominoes 1:00 Line Dancing	8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:30 Art & Friends 12:00 Bridge* 1:00 Art & Friends 1:00 <b>FALL FESTIVAL FOR ALZHEIMER'S ASSOCIATION</b>	8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:00 Spanish 10:00 <b>Tai Chi</b> 11:00 Dulcimer 1:00 Line Dancing 1:00 <b>Beading \$4</b> 2:00 <b>Book Club</b> <i>The Devil in the White City</i>	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 <b>Luncheon \$7</b> <b>Alzheimer's &amp; Dementia Education YOU CAN TRUST</b> 12:00 Phase 10
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 1:00 <b>Movie Monday</b> <i>Elvis</i> 1:30 <b>Learn to Play Bridge</b>	8:30 Men's Coffee 8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:30 Crochet 10:30 Spanish 1:00 Dominoes 1:00 Line Dancing	8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:30 Art & Friends 12:00 Bridge 1:00 Art & Friends	8:30 <b>Sit &amp; Be Fit</b> 9:15 <b>Cardio Combo</b> 10:00 Spanish 10:00 <b>Tai Chi</b> 1:00 Dulcimer 1:00 Line Dancing	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

<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>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>	Come and go time with friends that share in their love of art. Bring your own projects and supplies.
<b>Beading Beauties</b>	Chain earrings. Your choice of bead color. \$4 supply fee goes directly to instructor. Bring your jewelry tools if you have them. Sign-up in advance.
<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>The Devil in the White City</i> - <i>NEW YORK TIMES</i> BESTSELLER • The true tale of the 1893 World's Fair in Chicago and the cunning serial killer who used the magic and majesty of the fair to lure his victims to their death.
<b>Learn to Play Bridge</b>	Have you always wanted to learn how to play Bridge? Now is your chance! Sign-up and you'll be a pro before you know it!!
<b>Bridge</b>	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.
<b>Bunco \$</b>	This is a fun, fast-paced, and easy to learn dice game. \$5 fee per person which goes towards prizes.
<b>Hand and Foot, Phase 10, Dominoes</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>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. Grab a dulcimer and come on. Beginner or experienced Dulcimer players welcome.
<b>Fall Festival for Alzheimer's Association</b>	Welcome Fall!!! Come eat, play games, win prizes and gather lots of useful information from the many vendors at the Fall Festival. All of the proceeds will go to the Alzheimer's Association.
<b>Grandparent's Day Brunch</b>	Grandparents Day is Sunday, September 11 <sup>th</sup> and we want to celebrate you! Join us on Friday, September 9 <sup>th</sup> at 10:00am for a nice brunch and celebration just for you!!
<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>Lunch &amp; Learn</b>	Join our friends at Waterford on Highland Colony for lunch and obstacle course to test your balance and tips on fall prevention.
<b>Movie Monday</b>	<i>Elvis</i> - From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years.
<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>Tour &amp; Learn</b>	Let's go take a tour of Cooperwood Senior Living! The staff will show us around the facility and treat us to lunch in their beautiful dining room.