



The City of Brandon
Senior Services Center

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Crochet 10:30 Spanish 1:00 Dominoes 1:00 Line Dancing	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends 1:00 LUNCH & LEARN Visiting Angels	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand and Foot 12:00 Phase 10
7	8	9	10	11
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:30 Learn to Play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Crochet 1:00 Dominoes 1:00 Line Dancing 1:00 Pumpkin Patch Craft	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 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 1:00 Pumpkin Patch Craft	8:00 VETERANS DAY BREAKFAST \$5 CITY HALL
14	15	16	17	18
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Birthday Bingo with The Orchard	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Crochet 10:30 Spanish 1:00 Dominoes 1:00 Line Dancing 1:30 Learn to Play Bridge	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:00 CHILI & THE WORKS 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 NO TAI CHI 10:00 Spanish 10:00 Dulcimer 11:00 Line Dancing 1:00 Beading \$5 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 10:00 Thankful Christmas Celebration at FBC Jackson 12:00 Phase 10
21	22	23	24	25
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 Dominoes 1:00 Line Dancing	8:30 Sit & Be Fit 9:15 Cardio Combo NO ACTIVITIES AFTER 10AM	HAPPY THANKSGIVING	CITY HALL CLOSED
28	29	30	December 1	December 2
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Movie Monday Top Gun Maverick	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Crochet 10:30 Spanish 1:00 Dominoes 1:00 Line Dancing	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 10:30 Holiday Brunch W/ Ballet Magnificat 12:00 Phase 10

•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)
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	
Lessons of Art Art & Friends	Come join our instructor to learn the fundamentals of art and then stay and work on your own art with friends.
Beading	Tree of Life Pendant. \$5 supply fee that goes directly to instructor.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
Book Club	<i>The Silent Patient by Alex Michaelides</i>
Learn to Play Bridge	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!!
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.
Chili & the Works	It's chili season! Join Enhabit Home Health Hospice for a delicious bowl of chili with all the toppings!
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	Visiting Angels will treat us to lunch and valuable information about their services for seniors.
Movie Monday Top Gun Maverick	After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Pumpkin Patch Craft	Needing an addition for your Thanksgiving decorations? From Paper Mache Pumpkins to Fall Gnome's...we've got you covered!
Spanish I	Beginner Spanish for all those interested in learning a new language and exercising your brain.
Thankful Christmas Celebration at FBC Jackson	This event includes seasonal music featuring FBC Reflections Choir and Academy of Arts String Program and a complimentary lunch.