



November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		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 10:10 Beginner Yoga 11:00 Dulcimer 10:10 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 12:00 Dominoes
6	7	8	9	10
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 BINGO with The Waterford 1:00 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes ELECTION DAY DON'T FORGET TO VOTE!!	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:00 Veterans Day Breakfast in Civic Room @ City Hall 8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	SENIOR CENTER CLOSED IN OBSERVANCE OF VETERANS DAY
13	14	15	16	17
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:00 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:15 Coffee Break @ The Spot Downtown 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 11:00 LUNCH & LEARN with Baptist Hospice 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 A Thankful Christmas @ FBC Jackson 10:30 Hand & Foot 12:00 Dominoes
20	21	22	23	24
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Movie Monday The Hill 1:00 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo NO ACTIVITIES AFTER 10AM	SENIOR CENTER CLOSED HAPPY THANKSGIVING!	SENIOR CENTER CLOSED
27	28	29	30	
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:00 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 LUNCH & LEARN with Raymond James 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	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 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Beading \$4 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)
Beginner Yoga	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while 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

Lessons of Art Art & Friends	Join our instructor to learn the fundamentals of art and then come and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
Beading	Earrings \$4. Pay the fee directly to the instructor. Bring jewelry tools if you have them.
Book Club	<i>Fire on the Levee</i> by Jared Fishman
Bridge	We have three Bridge groups active: Experienced Bridge Players, Beginner Bridge Players and Learn to Play Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Hand and Foot Dominoes	All cards and games are open to all levels. If you are not sure how to play, come and sit alongside an experienced player to learn.
Dulcimer	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. Beginner or experienced Dulcimer players welcome.
Coffee Break @ The Spot	The Spot Coffee Shop serves as an employment training lab for students in Rankin County School District’s Special Education Transition Program. Let’s meet for coffee and treats while we support this great program!
Line Dancing	Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music.
A Thankful Christmas @ FBC Jackson	First Baptist Church of Jackson hosts “A Thankful Christmas”, a holiday chorale performance and lunch. Limited space available. Meet there or meet here to carpool to event.
Lunch & Learn	Do you know what financial investing means? Are your ducks in a row for your end of the year taxes? Join Raymond James Wealth Management to get all of your questions answered.
Lunch & Learn	It’s Thanksgiving, a time to be especially thankful for all of our blessings! Join Susan Rodriguez with Baptist Hospice for a “what are you thankful for?” lunch & learn.
Movie Monday <i>The Hill</i>	The true story of Rickey Hill, the son of a travelling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.
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 and Spanish II	Beginner Spanish for all those interested in learning a new language and exercising your brain.

****The Veterans Day Breakfast is hosted by the City of Brandon. Tickets available in the Senior Center Office.**