



January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
SENIOR CENTER CLOSED HAPPY NEW YEAR!!	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 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	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 12:00 Dominoes
8	9	10	11	12
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 BINGO with Cline Insurance 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 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe Baptist Hospice 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Day Trip Info. meeting with Lance Clay - Trek Travel 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 12:00 Dominoes
15	16	17	18	19
Senior Center Closed In observance of Martin Luther King Jr. Day	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 10:30 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	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 12:00 Dominoes
22	23	24	25	26
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:00 NEW SESSION ALERT!! Bridge Lessons	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 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends 1:00 Nat'l Chocolate Cake Day Celebration with Visiting Angels	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 2:00 Book Club	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 11:30 Luncheon \$7 Featuring the Ladies of Studio 65 12:00 Dominoes
29	30	31		
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Movie Monday Priscilla 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 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends		

•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.
Bingo	Join Cline Insurance for a fun game of BINGO! We’ll celebrate our January birthday’s too!!
Book Club	<i>Northern Spy</i> by Flynn Berry
Bridge Lessons	New session alert! Learn to play Bridge will start a new 6-week session. Lessons will be on Monday’s at 1:00pm.
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.
Daytrip Info. Meeting	Lance Clay with Trek Travel will be here to go over all the fun daytrips we have planned for 2024. Grab your calendar and join us!
Line Dancing	Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music.
Luncheon	Let’s kick off the new year with some fabulous entertainment from the ladies of Studio 65; a dance studio here in Brandon where you can dance and there are NO wrong moves! Tickets \$7
Movie Monday <i>Priscilla</i>	The unseen side of a great American myth in Priscilla Presley’s turbulent relationship with Elvis. A deeply felt and ravishingly detailed portrait of love, fantasy and fame through her eyes.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
National Chocolate Cake Day Celebration	Nothing deserves to be celebrated more than chocolate cake does! Join our friends from Visiting Angels for a delicious celebration for a delicious treat!
Spanish I and Spanish II	Beginner Spanish for all those interested in learning a new language and exercising your brain.
Vet to Vet Cafe	Are you a veteran? Please join us for the Vet to Vet Café! The Vet to Vet Café will meet the 2 nd Thursday of each month. There will be a speaker and a light breakfast will be served.