



February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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
5	6	7	8	9
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 BINGO with Peachtree Village 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 1:00 Galentine's Day Party	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Oark 10:30 Hand & Foot 12:00 Dominoes
12	13	14	15	16
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:00 Learn to play Bridge 2:00 Refuse to be a Victim: A Crime Prevention Seminar	7:30 Mardi Gras Biloxi Daytrip 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 11:00 Lunch & Learn Cardiac Prevention HomeCare Hospice 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
19	20	21	22	23
Senior Center Closed in Observance of Presidents' 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 1:00 Lunch & Learn AARP Tax-Aide	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 11:30 Luncheon \$7 Honoring Black History Month 12:00 Dominoes
26	27	28	29	
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Movie Monday NYAD 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 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 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.
Book Club	<i>The Golden Spoon</i> by Jessa Maxwell
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.
Galentine’s Day Party	Girls just wanna have fun!! Grab your best friend, make your favorite sweet treat to share and join us for a ladies only, fun Galentine’s Party!
Lunch & Learn	Happy Valentine’s Day! What a great day to learn about heart care! And to enjoy lunch with our friends from HomeCare Hospice, who put the heart in Hospice Care!
Lunch & Learn	It’s that time of year again! Time to file your taxes. Join our very own Linda Wolfe and others from AARP Foundation Tax-Aide to learn the ways they can help you this tax season.
Luncheon	In honor of Black History Month, we’re excited to welcome Tameika Bennett with Bennett Law as our guest speaker. PJ’s Sweet SoulFood will be our caterer.
Movie Monday NYAD	Sixty-four year old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Refuse to be a Victim: Crime Prevention	A co-ed seminar full of crime prevention and personal safety strategies you can use to develop your own safety plan. You will learn about home, automobile, phone, technology and personal safety plus much more!
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. This month our speaker will be Corbert Young. The topic will be Veteran Disability Benefits. A light breakfast will be served.