



April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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 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 Pickleball Lesson @ Shiloh Park 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 11:00 Solar Eclipse Viewing & Brown Bag Lunch @ Shiloh Park 1:00 BINGO WITH Home Instead 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 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 Pickleball Lesson @ Shiloh Park 9:30 Vet to Vet Cafe Baptist Hospice 10:10 Beginner Yoga 11:00 Dulcimer 11:30 Nat'l Pet Day Celebration 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 12:00 Dominoes
15	16	17	18	19
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:00 Learn to play bridge 2:00 Fall Prevention & Recovery with MSDH	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 9:30 Pickleball Lesson @ Shiloh Park 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 Learn to play bridge 1:00 Movie Monday Barbie	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 Pickleball Lesson @ Shiloh Park 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 12:00 Dominoes
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 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes			

•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 house we grew up in</i> by Lisa Jewell.
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.
Fall Prevention & Recovery	You will not only learn how to prevent falls but how to recover from them as well. Some are traumatically affected by falls and need help to learn how to overcome those fears. You do not want to miss this event!
Line Dancing	Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music.
Luncheon	Have you heard the good news? Sullivan’s Market is coming to the City of Brandon! A representative will be here to tell us all about it. Catering by Harvey’s Fish House.
Movie Monday <i>Barbie</i>	Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Nat’l Pet Day Celebration	It’s National Pet Day!! What a FURbulous day to celebrate! Let’s show off our fur babies and celebrate how much we love them!
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? Or the spouse of 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 at 9:30am. This month’s guest speaker will be UpArmor Recovery, a comprehensive substance abuse and mental health treatment program at Vertava Health. Breakfast will be served.