



May 2024

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	7:15 Mayor's Prayer Breakfast 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
6	7	8	9	10
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 BINGO with Baptist Hospice 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 11:00 Lunch & Learn with The Waterford 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 10:10 Beginner Yoga 10:30 Amphitheatre Tour & Lunch 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Oark 10:00 Mother's Day Celebration featuring Ballet Magnificat 10:30 Hand & Foot 12:00 Dominoes
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 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 10:00 Matter of Balance – A Fall Prevention Workshop 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
20	21	22	23	24
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Learn to play bridge 1:00 Movie Monday Ordinary Angels	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 1:00 Medicare Trivia Game with Primewell Health Services	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Matter of Balance – A Fall Prevention Workshop 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
27	28	29	30	31
SENIOR CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY	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 10:00 Matter of Balance – A Fall Prevention Workshop 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

•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

Amphitheatre Tour & Lunch	It's a busy concert season at the Brandon Amphitheatre and it's only just begun! Come take a tour and see all the behind the scenes that make for a successful concert. Lunch will follow in the Community Bank area!
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.
Book Club	<i>The Kept</i> by James Scott
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.
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.
Lunch & Learn	Rhonda Brown with The Waterford will be here to discuss the things you should look for when considering assisted living.
Luncheon	May is Stroke Awareness Month. Strokes can happen to anyone, anytime. Learn the F.A.S.T warning signs of stroke and know your risk factors. Wendy Barrilleaux with Merit Health will be our guest speaker.
Mother's Day Celebration	Featuring Ballet Magnificat. What a wonderful way to start Mother's Day weekend and celebrate all of our mother's!
Matter of Balance-A Fall Prevention Workshop	A MOB, is a evidence-based program designed to reduce the fear of falling, stop the fear-of-falling cycle, and increase activity levels. Because most falls occur during routine activities and are not caused by just one issue, MOB focuses on participants' day-to-day concerns.
Movie Monday Ordinary Angels	A struggling hairdresser finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters. With his youngest critically ill and waiting for a liver transplant, the fierce woman single-handedly rallies an entire community to help.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Medicare Trivia Game	Everyone loves a good trivia game...especially when we get to learn something at the same time! Primewell Health Services will be here to test your knowledge about your Medicare coverage.
Spanish I and Spanish II	Beginner and Intermediate classes 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.