



February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO with Humana 1:00 NEW SESSION Bridge Lessons	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 12:00 Intro. to Spanish 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 10:30 Hand & Foot 12:00 Dominoes
10	11	12	13	14
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dancing 1:00 NEW SESSION Bridge Lessons	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 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes 1:00 Step-By-Step Painting with Covenant Caregivers	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends 1:00 "Don't Salt It" with MSU Externsion Service	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Lunch & Learn "Fall In Love With The Waterford"	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
17	18	19	20	21
SENIOR CENTER CLOSED Presidents' 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 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 10:30 Tour & Lunch AT The Blake 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 10:30 Hand & Foot 11:30 Luncheon \$10 Black History Month Celebration Featuring Walter Harvey 12:00 Dominoes
24	25	26	27	28
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dancing 1:00 NEW SESSION Bridge Lessons	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 12:00 Intro. to Spanish 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	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes

*Purple –RSVP Required *Blue – Fitness Classes *Red – Fee Required

Need help with filing your taxes? The AARP will be preparing taxes by appointment only at the Brandon Library. There is no fee for this service. Call 601-825-2672 for more information or to schedule an appointment.

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, nondenominational Bible lesson.
Book Club	<i>Iron Lake</i> by William Kent Krueger
Bridge	We have two Bridge groups active: Experienced Bridge and Beginner Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Bridge Lessons	New Session Alert! If you’ve been wanting to learn how to play Bridge, this is your chance! Lessons will be on Monday’s at 1:00pm for 6 weeks.
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.
“Don’t Salt It” by MSU Extension Service	Natasha Haynes with the MSU Rankin County Extension Office will be here to teach us how to make salt-free blends and how to reduce salt intake in your daily meals.
Dulcimer	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. All levels welcome.
Introduction to Spanish	New addition to the calendar! You will learn the very basics of the Spanish language such as pronunciation and grammar and practical vocabulary. And when you’re ready, you can graduate to Spanish I & III!
Line Dancing	Line Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. All levels welcome!!
Luncheon	Join us for our Black History Month celebration featuring Mr. Walter Harvey as our guest speaker AND our caterer as well! Entertainment will be provided by Forever Young Line Dance.
Lunch & Learn	Love is in the air! Come “fall in love” with The Waterford on Highland Colony, a senior living facility that provides independent living.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Step-By-Step Painting	Come unlock your inner artist with Natalie from Covenant Caregivers! She will take you step-by-step as you paint your very own painting.
Tour & Lunch	We will meet at the Blake at Flowood for a tour and lunch! Come take a look at all the Blake at Flowood has to offer in their resort-style senior living community!
Vet to Vet Cafe	Are you a veteran? Or the spouse of a Veteran? Please join us for the Vet to Vet Café on Thursday, January 9 th at 9:30am. This months speaker will be Elleanor Harris, VA Advanced Care Planning. The Vet to Vet Café will meet the 2 nd Thursday of each month at 9:30am. Breakfast will be served.