|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | **July 2024**  **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 Beginner Bridge |  |  |  |  |  |  |  | | | | 8:30 | Men’s Coffee | | **8:30** | **Sit & Be Fit** |  | **SENIOR** |  | **SENIOR** |
| **8:30** | **Sit & Be Fit** | | **9:15** | **Cardio Combo** |  | **CENTER** |  | **CENTER** |
| **9:15** | **Cardio Combo** | | **10:30** | **Lessons of Art** |  | **CLOSED** |  | **CLOSED** |
| **10:00** | **Tai Chi** | | **10:30** | **Brunch with** |  |  |  |  |
| 10:00 | Spanish II | |  | **Brighter Days** |  | **HAPPY 4TH** |  | **HAPPY 4TH** |
| 11:00 | Spanish I | |  | **Adult Daycare** |  | **OF JULY** |  | **OF JULY** |
|  | | | 1:00 | Line Dancing | | 12:00 | Bridge |  |  |  |  |
|  | | | 1:00 | Dominoes | | 1:00 | Art & Friends |  |  |  |  |
| **8** | | | **9** | | | **10** | | **11** | | **12** | |
| **8:30** | | **Sit & Be Fit** | 8:30 | Men’s Coffee | | **8:30** | **Sit & Be Fit** | **8:30** | **Sit & Be Fit** | 9:00 | Music Group |
| **9:15** | | **Cardio Combo** | **8:30** | **Sit & Be Fit** | | **9:15** | **Cardio Combo** | 9:15 | **Cardio Combo** | 9:00 | Bible Study |
| 1:00 | | **BINGO with** | **9:15** | **Cardio Combo** | | **10:30** | **Lessons of Art** | **9:30** | **Vet to Vet Cafe** | **9:00** | **Pickleball @** |
|  | | **Humana** | **10:00** | **Tai Chi** | | 12:00 | Bridge | **10:00** | **Matter of** |  | **Shiloh Oark** |
| 1:00 | | Beginner Bridge | 10:00 | Spanish II | | 1:00 | Art & Friends |  | **Balance – A Fall** | 10:30 | Hand & Foot |
|  | |  | 11:00 | Spanish I | |  |  |  | **Prevention** | 12:00 | Dominoes |
|  | |  | 1:00 | Line Dancing | |  |  |  | **Workshop** | **1:00** | **Learn to play** |
|  | |  | 1:00 | Dominoes | |  |  | **11:00** | **Lunch & Tour @** |  | **Bridge** |
|  | |  |  |  | |  |  |  | **Peachtree** |  |  |
|  | |  |  |  | |  |  |  | **Village** |  |  |
|  | |  |  |  | |  |  | 11:00 | Dulcimer |  |  |
|  | |  |  |  | |  |  | 1:00 | Line Dancing |  |  |
| **15** | | | **16** | | | **17** | | **18** | | **19** | |
| **8:30** | | **Sit & Be Fit** | 8:30 | Men’s Coffee | | **8:30** | **Sit & Be Fit** | **8:30** | **Sit & Be Fit** | 9:00 | Music Group |
| **9:15** | | **Cardio Combo** | **8:30** | **Sit & Be Fit** | | **9:15** | **Cardio Combo** | **9:15** | **Cardio Combo** | 9:00 | Bible Study |
| 1:00 | | Line Dancing | **9:15** | **Cardio Combo** | | **10:30** | **Lessons of Art** | **10:00** | **Matter of** | **9:00** | **Pickleball @** |
| 1:00 | | Beginner Bridge | **10:00** | **Tai Chi** | | 12:00 | Bridge |  | **Balance – A Fall** |  | **Shiloh Park** |
|  | |  | 10:00 | Spanish II | | 1:00 | Art & Friends |  | **Prevention** | 10:30 | Hand & Foot |
|  | |  | 11:00 | Spanish I | | **1:00** | **Let’s Make** |  | **Workshop** | 12:00 | Dominoes |
|  | |  | 1:00 | Line Dancing | |  | **Strawberry Jam** | 11:00 | Dulcimer | **1:00** | **Learn to play** |
|  | |  | 1:00 | Dominoes | |  | **W/ MSU Extension** | 1:00 | Line Dancing |  | **Bridge** |
|  | |  |  |  | |  |  | **2:00** | **BINGO @** |  |  |
|  | |  |  |  | |  |  |  | **Peachtree** |  |  |
|  | |  |  |  | |  |  |  | **Village** |  |  |
| **22** | | | **23** | | | **24** | | **25** | | **26** | |
| **8:30** | | **Sit & Be Fit** | 8:30 | Men’s Coffee | | **8:30** | **Sit & Be Fit** | **8:30** | **Sit & Be Fit** | 9:00 | Music Group |
| 9:15 | | **Cardio Combo** | **8:30** | **Sit & Be Fit** | | **9:15** | **Cardio Combo** | **9:15** | **Cardio Combo** | 9:00 | Bible Study |
| 1:00 | | Beginner Bridge | **9:15** | **Cardio Combo** | | **10:30** | **Lessons of Art** | **10:00** | **Matter of** | **9:00** | **Pickleball @** |
| **1:00** | | **Movie Monday** | **10:00** | **Tai Chi** | | 12:00 | Bridge |  | **Balance – A Fall** |  | **Shiloh Park** |
|  | |  | 10:00 | Spanish II | | 1:00 | Art & Friends |  | **Prevention** | 10:30 | Hand & Foot |
|  | |  | 11:00 | Spanish I | | **1:00** | **“All Things Are** |  | **Workshop** | **11:30** | **Luncheon $10** |
|  | |  | 1:00 | Line Dancing | |  | **POPSICLE” FUN!!** | 11:00 | Dulcimer | 12:00 | Dominoes |
|  | |  | 1:00 | Dominoes | |  | **Traditions Health** | 1:00 | Line Dancing | **1:00** | **Learn to play** |
|  | |  |  |  | |  |  | **2:00** | **Book Club** |  | **Bridge** |
| **29** | | | **30** | | | **31** | |  | |  | |
| **8:30** | | **Sit & Be Fit** | 8:30 | Men’s Coffee | | **8:30** | **Sit & Be Fit** |  |  |  | |
| 9:15 | | **Cardio Combo** | **8:30** | **Sit & Be Fit** | | **9:15** | **Cardio Combo** |  |  |
| 1:00 | | Line Dancing | **9:15** | **Cardio Combo** | | **10:30** | **Lessons of Art** |  |  |
| 1:00 | | Beginner Bridge | **10:00** | **Tai Chi** | | 12:00 | Bridge |  |  |
|  | |  | 10:00 | Spanish II | | 1:00 | Art & Friends |  |  |
|  | |  | 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) |
| **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** | Come celebrate our July birthdays with a fun game of BINGO! |
| **Book Club** | *The Whistler* by John Grisham |
| **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. |
| **Brunch & Learn** | Brighter Days Adult Daycare is the newest adult daycare center located in Pearl. They are excited to share with you all that they offer seniors! |
| **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. |
| **Let’s Make Strawberry Jam** | Are you interested in learning how to make strawberry jam? Join the MSU Extension to learn and to learn more proper canning practices! |
| **Line Dancing** | Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. |
| **Lunch & Tour** | We will meet here at the BSC and catch the bus to Peachtree Village where we’ll get the grand tour of the newly renovated assisted living & memory care facility. Then we’ll have lunch in their 5 star dining room. |
| **Luncheon** | Join us for some Summer Olympics 2024 fun! There will be food, games and plenty of entertainment!! Tickets $10 Don’t forget to wear your Team USA – red, white & blue!! |
| **Movie Monday**  ***If*** | After discovering she can see everyone's imaginary friends, a girl embarks on a magical adventure to reconnect forgotten IFs with their kids. |
| **Music Group** | Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others! |
| **Popsicle Fun** | FUN would be im-popsicle without YOU!! Join Meghan with Traditions Health for a fun time and beat the heat with a cool 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? Or the spouse of a Veteran? Please join us for the Vet to Vet Café! The Vet to Vet Café will meet the 2nd Thursday of each month at 9:30am. Breakfast will be served. |