|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| .335161 | **October 2024**  **In Honor of Breast Cancer Awareness Month**  **We Wear Pink on Thursdays** | | | |  | | | | | | |
| **Monday** | | | **Tuesday** | | | **Wednesday** | | **Thursday** | | **Friday** | |
|  | | | **1** | | | **2** | | **3** | | **4** | |
| |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  | | | | 8:30 | Men’s Coffee | | **8:30** | **Sit & Be Fit** | **8:30** | **Sit & Be Fit** | 9:00 | Music Group |
| **8:30** | **Sit & Be Fit** | | **9:15** | **Cardio Combo** | **9:15** | **Cardio Combo** | 9:00 | Bible Study |
| **9:15** | **Cardio Combo** | | **10:30** | **Lessons of Art** | **10:10** | **Beginner Yoga** | 10:30 | Hand & Foot |
| **10:00** | **Tai Chi** | | 12:00 | Bridge | **11:00** | **Matter of** | 12:00 | Dominoes |
| 10:00 | Spanish II | | 1:00 | Art & Friends |  | **Balance** |  |  |
| 11:00 | Spanish I | |  |  | 11:00 | Dulcimer |  |  |
| 12:00 | Intro. to Spanish | |  |  | 1:00 | Line Dancing |  |  |
| 1:00  1:00 | Line Dancing  Dominoes | |  |  |  |  |  |  |
| **7** | | | **8** | | | **9** | | **10** | | **11** | |
| **8:30** | | **Sit & Be Fit** | 8:30 | Men’s Coffee | | **9:00 -** | **Senior American** | **8:30** | **Sit & Be Fit** | 9:00 | Music Group |
| **9:15** | | **Cardio Combo** | **8:30** | **Sit & Be Fit** | | **12:00** | **Day at the MS** | 9:15 | **Cardio Combo** | 9:00 | Bible Study |
| **10:30** | | **Beginner Chess** | **9:15** | **Cardio Combo** | |  | **State Fair** | **9:30** | **Vet to Vet Cafe** | 10:30 | Hand & Foot |
| 1:00 | | Beginner Bridge | **10:00** | **Tai Chi** | | **8:30** | **Sit & Be Fit** | **10:10** | **Beginner Yoga** | 12:00 | Dominoes |
| 1:00 | | **BINGO with** | 10:00 | Spanish II | | **9:15** | **Cardio Combo** | **11:00** | **Matter of** |  |  |
|  | | **Cline Insurance** | 11:00 | Spanish I | | **10:30** | **Lessons of Art** |  | **Balance** |  |  |
|  | |  | 12:00 | Intro. to Spanish | | 12:00 | Bridge | 11:00 | Dulcimer |  |  |
|  | |  | 1:00 | Line Dancing | | 1:00 | Art & Friends | 1:00 | Line Dancing |  |  |
|  | |  | 1:00 | Dominoes | |  |  |  |  |  |  |
| **14** | | | **15** | | | **16** | | **17** | | **18** | |
| **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 |
| **10:30** | | **Beginner Chess** | **9:15** | **Cardio Combo** | | **10:30** | **Lessons of Art** | **10:10** | **Beginner Yoga** | 10:30 | Hand & Foot |
| 1:00 | | Beginner Bridge | **10:00** | **Tai Chi** | | **10:30** | **Brunch & Learn** | **11:00** | **NO MATTER** | 12:00 | Dominoes |
| 1:00 | | Line Dancing | 10:00 | Spanish II | |  | **Bravenly Sip &** |  | **OF BALANCE** |  |  |
|  | |  | 11:00 | Spanish I | |  | **Sample** | **11:00** | **Lunch & Learn** |  |  |
|  | |  | 12:00 | Intro. to Spanish | | 12:00 | Bridge |  | **Breast Cancer** |  |  |
|  | |  | 1:00 | Line Dancing | | 1:00 | Art & Friends |  | **Awareness** |  |  |
|  | |  | 1:00 | Dominoes | |  |  |  |  |  |  |
| **21** | | | **22** | | | **23** | | **24** | | **25** | |
| **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 |
| **10:30** | | **Beginner Chess** | **9:15** | **Cardio Combo** | | **10:30** | **Lessons of Art** | **10:10** | **Beginner Yoga** | 10:30 | Hand & Foot |
| 1:00 | | Beginner Bridge | **10:00** | **Tai Chi** | | 12:00 | Bridge | **11:00** | **NO MATTER** | **11:30** | **Luncheon $5** |
| **1:00** | | **Movie Monday** | 10:00 | Spanish II | | 1:00 | Art & Friends |  | **OF BALANCE** |  | **2nd Annual** |
|  | | ***You Gotta Believe*** | 11:00 | Spanish I | |  |  | 11:00 | Dulcimer |  | **Spooktacular** |
|  | |  | 12:00 | Intro. to Spanish | |  |  | 1:00 | Line Dancing |  | **Halloween** |
|  | |  | 1:00 | Line Dancing | |  |  | **2:00** | **Book Club** |  | **Chili Cookoff &** |
|  | |  | 1:00 | Dominoes | |  |  |  |  |  | **Costume Party** |
|  | |  |  |  | |  |  |  |  | 12:00 | Dominoes |
|  | |  |  |  | |  |  |  |  |  |  |
|  | |  |  |  | |  |  |  |  |  |  |
| **28** | | | **29** | | | **30** | | **31** | |  | |
| **8:30** | | **Sit & Be Fit** | 8:30 | Men’s Coffee | | **8:30** | **Sit & Be Fit** | **8:30** | **Sit & Be Fit** |  | |
| 9:15 | | **Cardio Combo** | **8:30** | **Sit & Be Fit** | | **9:15** | **Cardio Combo** | **9:15** | **Cardio Combo** |
| **10:30** | | **Beginner Chess** | **9:15** | **Cardio Combo** | | **10:30** | **Lessons of Art** | **10:10** | **Beginner Yoga** |
| 1:00 | | Beginner Bridge | **10:00** | **Tai Chi** | | 12:00 | Bridge | **11:00** | **Matter of** |
| 1:00 | | Line Dancing | 10:00 | Spanish II | | 1:00 | Art & Friends |  | **Balance** |
|  | |  | 11:00 | Spanish I | |  |  | 11:00 | Dulcimer |  | |
|  | |  | 12:00 | Intro. to Spanish | |  |  | 1:00 | Line Dancing |  | |
|  | |  | 1:00 | Line Dancing | |  |  | **1:00** | **Hocus Pocus** |  | |
|  | |  | 1:00 | Dominoes | |  |  |  | **Movie** |  | |

**\*\*Pickleball Lessons\*\* \*4 weeks\* \*Every Thursday in October\***

**Beginners – 9:15am – 10:15am Intermediate/Advanced – 10:30am – 11:30am**

**At Shiloh Park in Brandon $20**

|  |  |
| --- | --- |
| **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. |
| **Book Club** | *The Inmate* by Freida McFadden |
| **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. |
| **Brunch & Learn** | Come Sip & Sample a variety of products from Bravenly. Products to help improve relaxation, immunity, anti-inflammatory, digestion, energy levels and much more! |
| **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. |
| **Hocus Pocus Movie** | Let’s have some Halloween fun!! Come watch Hocus Pocus, enjoy some Halloween treats and there just may be some special guests!! |
| **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 & II!! |
| **Luncheon** | It’s that time of year again! If you think you have the most fabBOOlous chili around..enter the chili cookoff! You may win the prize! And don’t forget to wear your SPOOKTACULAR COSTUME for a fun-friendly costume contest. Join us for a GOURD time!! |
| **Lunch & Learn** | In honor of Breast Cancer Awareness Month, we will welcome Dr. Christy Savell, Adult Geriatric Nurse Practitioner with UMMC School of Nursing and Breast Cancer Survivor as our guest speaker for a educational Lunch & Learn. |
| **Matter of Balance; Fall Prevention** | **THIS SESSION IS FULL!** **A NEW SESSION TO FOLLOW!** This is an 8 week workshop. Participants will meet once a week. MOB is a evidence-based program designed to reduce the fear of falling, stop the fear of falling cycle, and increase activity levels. |
| **Movie Monday**  ***You Gotta Believe*** | **After dedicating the season to a teammate's ailing father, a group of underdog youth baseball players makes it all the way to the 2002 Little League World Series, culminating in a record-breaking showdown.** |
| **Music Group** | Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others! |
| **Senior American Day at the MS State Fair** | Meet us here or meet us there! It’s Senior American Day at the fair! From 9-12 it’s all things seniors!! There will be vendors, entertainment and lunch on the Midway. Oh and don’t forget your free biscuit! |
| **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. |