



# April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<p style="text-align: center;"><b>CITY OF BRANDON'S PRIMARY ELECTION</b></p> <p>8:30 Men's Coffee</p> <p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:00 Tai Chi</p> <p>10:00 Spanish II</p> <p>11:00 Spanish I</p> <p>12:00 Intro. to Spanish</p> <p>1:00 Line Dancing</p> <p>1:00 Dominoes</p>	<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:30 Lessons of Art</p> <p>12:00 Bridge</p> <p>1:00 Art &amp; Friends</p>	<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:10 Beginner Yoga</p> <p>11:00 Dulcimer</p> <p>11:30 Lunch &amp; Learn Gardening &amp; Picnic Fun with Traditions Health</p>	<p style="text-align: center;"><b>PICKLEBALL LESSONS AT SHILOH PARK</b></p> <p>9:00 Beginners</p> <p>10:00 Intermediate</p> <p>9:00 Music Group</p> <p>9:00 Bible Study</p> <p>10:30 Hand &amp; Foot</p> <p>12:00 Dominoes</p>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:30 Beginner Chess</p> <p>1:00 Beginner Bridge</p> <p>1:00 BINGO WITH PEACHTREE</p>	<p>8:30 Men's Coffee</p> <p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:00 Tai Chi</p> <p>10:00 Spanish II</p> <p>11:00 Spanish I</p> <p>12:00 Intro. to Spanish</p> <p>1:00 Line Dancing</p> <p>1:00 Dominoes</p> <p>1:00 Easter Craft with HomeWell</p>	<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:30 Lessons of Art</p> <p>10:30 Brandon Amphitheater Tour &amp; Lunch</p> <p>12:00 Bridge</p> <p>1:00 Art &amp; Friends</p>	<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>9:30 Vet to Vet Cafe</p> <p>10:10 Beginner Yoga</p> <p>11:00 Dulcimer</p> <p>1:00 Line Dancing</p> <p>1:00 Step-By-Step Painting with Covenant Caregivers</p>	<p style="text-align: center;"><b>PICKLEBALL LESSONS AT SHILOH PARK</b></p> <p>9:00 Beginners</p> <p>10:00 Intermediate</p> <p>9:00 Music Group</p> <p>9:00 Bible Study</p> <p>10:30 Hand &amp; Foot</p> <p>12:00 Dominoes</p>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:30 Beginner Chess</p> <p>1:00 Beginner Bridge</p> <p>1:00 Line Dancing</p>	<p>8:30 Men's Coffee</p> <p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:00 Tai Chi</p> <p>10:00 Spanish II</p> <p>11:00 Spanish I</p> <p>12:00 Intro. to Spanish</p> <p>1:00 Line Dancing</p>	<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:30 Lessons of Art</p> <p>12:00 Bridge</p> <p>1:00 Art &amp; Friends</p>	<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:10 Beginner Yoga</p> <p>11:00 Dulcimer</p> <p>1:00 Line Dancing</p> <p>1:00 MAHJONG LESSONS</p>	<p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;"><b>Good Friday</b></p>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:30 Beginner Chess</p> <p>1:00 Beginner Bridge</p> <p>1:00 MOVIE MONDAY</p>	<p>8:30 Men's Coffee</p> <p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:00 Tai Chi</p> <p>10:00 Spanish II</p> <p>11:00 Spanish I</p> <p>12:00 Intro. to Spanish</p> <p>1:00 Line Dancing</p> <p>1:00 Dominoes</p>	<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:30 Lessons of Art</p> <p>12:00 Bridge</p> <p>1:00 Art &amp; Friends</p>	<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:10 Beginner Yoga</p> <p>11:00 Dulcimer</p> <p>11:30 Luncheon \$10</p> <p>1:00 Line Dancing</p> <p>1:00 MAHJONG LESSONS</p> <p>2:00 Book Club</p>	<p style="text-align: center;"><b>PICKLEBALL LESSONS AT SHILOH PARK</b></p> <p>9:00 Beginners</p> <p>10:00 Intermediate</p> <p>9:00 Music Group</p> <p>9:00 Bible Study</p> <p>10:30 Hand &amp; Foot</p> <p>12:00 Dominoes</p>
<b>28</b>	<b>29</b>	<b>30</b>		
<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:30 Beginner Chess</p> <p>1:00 Beginner Bridge</p> <p>1:00 Line Dancing</p>	<p>8:30 Men's Coffee</p> <p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:00 Tai Chi</p> <p>10:00 Spanish II</p> <p>11:00 Spanish I</p> <p>12:00 Intro. to Spanish</p> <p>1:00 Line Dancing</p> <p>1:00 Dominoes</p>	<p>8:30 Sit &amp; Be Fit</p> <p>9:15 Cardio Combo</p> <p>10:30 Lessons of Art</p> <p>12:00 Bridge</p> <p>1:00 Art &amp; Friends</p>		

## Fitness Class Descriptions

<b>Sit &amp; Be Fit</b> (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)
<b>Cardio Combo!</b> (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)
<b>Beginner Yoga</b>	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.
<b>Tai Chi</b> (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

<b>Lessons of Art Art &amp; Friends</b>	Join our instructor to learn the fundamentals of art. Stick around and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
<b>Book Club</b>	<i>Here One Moment</i> by Liane Moriarty
<b>Bridge</b>	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.
<b>Brandon Amphitheater Tour &amp; Lunch</b>	Concert season is officially here at the Brandon Amphitheater! Come take a tour and see all the behind the scenes that make a successful concert. Lunch will follow in the Community Bank room.
<b>Hand and Foot Dominoes</b>	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.
<b>Dulcimer</b>	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.
<b>Easter Craft</b>	Who knew you could have so much fun with Easter peeps! Join our friends from HomeWell Care Services for a entertaining craftivity!
<b>Intro. to Spanish Spanish I Spanish II</b>	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!
<b>Luncheon</b>	While we love to see the long summer days coming, it’s important to remember to take care of your skin! Our speaker will give us some valuable information on how to do just that!
<b>Lunch &amp; Learn</b>	It’s important to stay active as we age, and gardening is one way to do that! Our friends from Traditions Health will be here for a fun picnic & gardening lunch & learn.
<b>Mahjong Lessons</b>	Have you been wanting to learn how to play the latest gameboard craze? Here’s your chance! Sign up required! Limited to 8
<b>Music Group</b>	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
<b>Pickleball Lessons</b>	It’s that time of year again! If you’ve been wanting to learn how to play pickleball, lessons will be available this month! Sign up required!
<b>Step-By-Step Painting</b>	Come be the artist you never thought you could be! Natalie with Covenant Caregivers will take you step-by-step as you paint your very own perfect piece of art!
<b>Vet to Vet Cafe</b>	Are you a veteran? Or the spouse of a Veteran? Please join us for the Vet to Vet Café on Thursday, January 9 <sup>th</sup> at 9:30am. The Vet to Vet Café will meet the 2 <sup>nd</sup> Thursday of each month at 9:30am. Breakfast will be served.