



# June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 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 1:00 Mahjong	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
9	10	11	12	13
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 BINGO	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 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	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 10:10 NO YOGA 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
16	17	18	19	20
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 Line Dancing	9:00 - COMMUNITY HEALTHFAIR IN CIVIC ROOM 8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:00 Father's Day Luncheon Topic: Men's Health 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 1:00 Mahjong	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
23	24	25	26	27
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:30 Lunch & Learn Elder Law Firm 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 1:00 Mahjong 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon \$10 12:00 Dominoes
30				
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 Line Dancing				

•Purple - RSVP Required •Blue - Fitness Classes •Red - Fee Required

**\*\*SPANISH CLASSES ARE ON SUMMER BREAK. THEY WILL RESUME ON 9/2/25\*\***

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.
<b>Line Dancing</b>	Line Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. All levels are welcome!
Activities	
<b>Lessons of Art Art &amp; Friends</b>	Join our instructor to learn the fundamentals of art. Then stay and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
<b>Bible Study</b>	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson.
<b>Book Club</b>	<i>Remarkably Bright Creatures</i> by Shelby Van Pelt
<b>Bridge</b>	We have two Bridge groups active: <b>Experienced Bridge and Beginner Bridge</b> . Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
<b>Bridge Lessons</b>	Have you always wanted to learn how to play Bridge? Here is your chance! It’s a 6 week session. Then graduate to Beginner Bridge!
<b>Community Healthfair</b>	Catch the wellness wave at this years Community Healthfair presented by the Rankin County Chamber. It’s here in the civic room and free to the public.
<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. Beginner or experienced Dulcimer players welcome.
<b>Father’s Day Luncheon</b>	Let’s honor all the amazing dad’s with a luncheon filled with valuable information on men’s health. Everyone is welcome!
<b>Lunch &amp; Learn</b>	The Elder Law firm is a locally owned and operated firm that focuses exclusively on elder law. Whether it’s creating a will or using a trust to avoid probate, they know how to achieve your estate planning goals.
<b>Luncheon</b>	Let’s highlight some of our local Brandon 042 businesses! For our June luncheon we will welcome Suellen Gunn, owner of <b>Wellness by Design</b> . Suellen will encourage you to choose a healthy and fulfilling life. “Wellness is more than being free from illness it is a process of change and growth towards a mentally and physically healthy lifestyle.
<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>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 masterpiece!
<b>Vet to Vet Cafe</b>	Are you a veteran? Please join us for the Vet to Vet Café! The Vet to Vet Café will meet the 2 <sup>nd</sup> Thursday of each month. There will be a guest speaker and a light breakfast will be served.