



# July 2025

*All Things Patriotic*

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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	SENIOR CENTER CLOSED HAPPY 4TH OF JULY!
7	8	9	10	11
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 BINGO with Gentiva Hospice	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 (Pt 2)	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 Beginner Yoga 10:30 God & Country Celebration 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
14	15	16	17	18
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 10:30 MS State Capitol Virtual Tour & Lunch 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 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
21	22	23	24	25
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Bridge Lessons 1:00 Movie Monday	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 1:00 Great American Ice Cream Social	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 11:30 Luncheon \$10 12:00 Dominoes
28	29	30	31	
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 2:00 Book Club	

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

WEAR YOUR RED, WHITE & BLUE ALL MONTH LONG!!

**\*\*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>The Hazelbourne Ladies Motorcycle and Flying Club</i> by Helen Simonson
<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>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>God &amp; Country Celebration</b>	You don’t want to miss this one! Come celebrate and sing along with some of your favorite hymns and patriotic songs! Then stick around and enjoy good food and fellowship. Sponsored by HomeWell Care Services & Pax Hospice.
<b>Great American Ice Cream Social</b>	Come cool down with our friends from Baptist Hospice with a delicious ice cream social.
<b>Luncheon God Bless the USA</b>	We’ll continue to celebrate our great country with a patriotic performance from our very own Dulcimer Group...The Brandon Strummers! You will also hear from our Mayor as well as some of Brandon’s Board of Alderman. Come celebrate and enjoy a delicious lunch cooked by our Brandon Firefighters!
<b>MS State Capitol Virtual Tour &amp; Lunch</b>	<b><i>This virtual tour, Experience the Mississippi State Capitol: A National Historic Landmark, is an approximate 30-minute video highlighting the building’s architecture, history, and purpose. Then stay for Q &amp; A and lunch!</i></b>
<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>	<b>This month will be part 2 of last month’s 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.