



August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
4	5	6	7	8
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
11	12	13	14	15
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 Traditions Health	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 11:30 Lunch & Learn Raymond James Wealth Management 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 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
18	19	20	21	22
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 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 11:30 Luncheon – End of Summer Smorgasbord Potluck 12:00 Dominoes
25	26	27	28	29
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Movie Monday	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 11:30 Lunch & Learn National Women's Equality Day with The Rankin County Republican Women	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 10:30 Senior Day at Trustmark Park with The Mississippi Mud Monsters \$16 with lunch \$10 game only 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 12:00 Dominoes

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

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

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.
Line Dancing	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	
Lessons of Art Art & Friends	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.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson.
Bingo	Come celebrate our August birthdays with a FUN game of BINGO!
Book Club	<i>The Guernsey Literary and PotatoPeel Pie Society</i> by Mary Ann Shaffer
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.
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.
Lunch & Learn	Join Raymond James Wealth Management for a informative lunch & learn on “Safe guarding your future” and “Fraud Prevention.” Also, valuable information of how new tax laws may affect you.
Lunch & Learn National Women’s Equality Day	National Women’s Equality Day commemorates the anniversary of the 1920 certification of the 19 th amendment, which granted to women the right to vote in the USA. Join the Rankin County Republican Women for a celebration lunch & learn.
Luncheon	Let’s close out the summer with a fun “smorgasbord” style potluck lunch! Bring your favorite dish to share...don’t forget the recipe! Entertainment brought to you by C and T Express dance!!
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Senior Day at Trustmark Park	Take me out to the ballgame! It’s Senior Day at Trustmark Park. Come watch the MudMonsters take on the Gateway Grizzlies. Tickets: \$16 includes entrance and lunch or \$10 for entrance only.
Step-By-Step Painting	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!
Vet to Vet Cafe	Are you a veteran? Please join us for the Vet to Vet Café! The Vet to Vet Café will meet the 2 nd Thursday of each month. There will be a guest speaker and a light breakfast will be served.