



September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
SENIOR CENTER CLOSED Happy Labor Day!	8:30 NO MEN'S COFFEE 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 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
8	9	10	11	12
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO with The Orchard	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 NO TAI CHI 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes 1:00 Step-By-Step Painting	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	7:00 - Patriot's Day 9:00 Breakfast in the Civic Room 8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 10:10 Beginner Yoga 11:00 Dulcimer 11:30 Luncheon \$10 Friday Night Lights with BHS 1:00 Mahjong 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
15	16	17	18	19
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 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 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 11:00 Lunch & Learn Wound Management Specialists 1:00 Mahjong 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
22	23	24	25	26
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 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:00 Lunch & Learn Developing a Personal & Home Protection Plan 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 Mahjong 1:00 Line Dancing 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
29	30			
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 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes			

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 and then come 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.
Book Club	<i>Broken Country</i> by Clare Leslie Hall
Bridge	We have two active Bridge groups: 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. All levels welcome.
Luncheon	It’s football season and Friday Night Lights! Come meet Brandon High School’s new head football coach and athletic director, Coach Lance Pogue. And don’t forget to bring your school spirit because we’ll have cheerleaders, football players and more! Wear black and red and get ready to cheer.....Go Bulldogs!!
Lunch & Learn	Do you have a personal and/or a home-protection plan? Why is it important to have one? Join us for a informative lunch & learn discussing ways to protect yourself while at home or out and about.
Lunch & Learn	Wound Management Specialists provide wound care in every setting...the hospital, at home, or anywhere in between. They treat complex or chronic wounds that do not heal through conventional wound care methods.
Patriot’s Day Breakfast	Join us as we come together to honor and remember on September 11th at City Hall. This event will pay tribute to the first responders who faithfully serve and protect our community each day.
Mahjong	Mahjong is a tile-based game played by 4 players. You must have a basic knowledge of the rules and how to play. All are welcome to come and observe to possibly learn how to play.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
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? Or the spouse of 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 at 9:30am. Breakfast will be served.