



October 2025

In Honor of Breast Cancer Awareness Month
We Wear Pink on Thursdays

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		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
6	7	8	9	10
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO	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	9:00 - Senior American 12:00 Day at the MS State Fair 8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends 1:00 Operation Christmas Child Informational Meeting	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
13	14	15	16	17
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 1:30 Step-By-Step Painting	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:30 Hot Potato Bar with Visiting Angels 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 1:00 Beading \$11 Mrs. Santa Swoop Ornament	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
20	21	22	23	24
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge	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 1:00 Buzzworthy Beekeeping Basics with Honey & Biscuits	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
27	28	29	30	31
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Pickleball Lessons* *4 weeks* *\$20* *Shiloh Park

Beginners – WEDNESDAY'S 10/1, 10/8, 10/15, 10/22 8AM- 9AM

Intermediate/Advanced – MONDAY'S 10/20, 10/27, 11/3, 11/10 8AM – 9AM

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.
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.
Beading	Come get a jump on your Christmas list with the much anticipated Beaded Christmas Ornament! This year we will make the Mrs. Santa Swoop Ornament. The cost is \$11 and does not include the 3.25” ball. This is considered intermediate level beading.
Book Club	<i>Pack Up the Moon</i> by Kristan Higgins
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.
Buzzworthy Beekeeping Basics	Come get all the buzzzzzworthy scoop on what it takes to be an actual beekeeper from one of our very own seniors, Mrs. Linda Easterling! Come see an actual bee hive and “stick” around to taste it’s honey with a hot biscuit!
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.
Hot Potato Bar	Visiting Angels will be here with a fun twist on a “lunch and learn!” Come and enjoy a hearty hot potato bar with all the fixins and catch up with the awesome ladies of Visiting Angels!
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Operation Christmas Child Informational Meeting	This year we will host Operation Christmas Child which is a global initiative that sends gift-filled shoeboxes to children in need around the world. If you would like to participate, this is a informational meeting to let you know all about it and how you can help. Light refreshments.
Senior American Day at the MS State Fair	Meet us here or meet us there! It’s Senior American Day at the fair! From 9-12 it’s all things seniors!! There will be vendors, entertainment and lunch on the Midway. Oh and don’t forget your free biscuit!
Senior Fall Festival	Fall is in the air! We’ll meet at the Brandon Amphitheater where you’ll take a hayride through the Quarry Trails of Brandon. From there, you’ll enjoy lunch on the Community Bank Patio and enjoy more Fall treats!
Step-By-Step Painting	Come be the artist that 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.
Wizard of Oz Movie & Fun	It’s a classic around this time of year! Come sit back and enjoy with a bag of popcorn and who knows...we may have some special guests?!