



NOVEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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 1:30 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 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong	9:00 Music Group 9:00 Bible Study 10:00 Operation Christmas Child Packing Party AT Peachtree Village 10:30 Hand & Foot 12:00 Dominoes
10	11	12	13	14
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 10:30 "Grateful" with Homewell & the Songbirds Brunch in the Civic Room 1:00 Line Dancing	SENIOR CENTER CLOSED 7:30 - 9:00 Veteran's Day Breakfast RSVP Required Civic Room HAPPY VETERAN'S DAY!!	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 Vet to Vet Café Vet Appreciation Lunch-Buchanan Rm 1:00 Line Dancing 1:00 Mahjong	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon \$10 Chili Cookoff with BHS Girls Volleyball 12:00 Dominoes
17	18	19	20	21
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 Julia's Memory Café (see back for details.) Buchanan Room 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 Cranberry Orange Pear Jam Workshop with Rankin County Extension Office	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
24	25	26	27	28
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 11:30 Lunch & Learn Bella's Companion Care, LLC 1:00 Beginner Bridge	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	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 NO BRIDGE 1:00 NO ART & FRIENDS	SENIOR CENTER CLOSED HAPPY THANKSGIVING!	SENIOR CENTER CLOSED

*Purple – RSVP Required *Blue – Fitness Classes *Red – Fee Required

DAYLIGHT SAVING TIME IS ON NOVEMBER 2ND. DON'T FORGET TO SET CLOCKS BACK ONE HOUR

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.
Bible Study	A meaningful time of Christian fellowship with a guided, nondenominational Bible lesson.
Book Club	<i>The Borrowed Life of Frederick Fife</i> by Anna Johnston
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.
Cranberry Orange Pear Jam Workshop	Our sweet friend Natasha Haynes with the MSU Extension will be here for a Cranberry Orange Pear Jam workshop! Come learn how to make your own! A holiday favorite for sure!!
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.
“Grateful” Brunch	This time of year, is a great time to reflect on all we are grateful for! And we can’t wait to share this time with our friends from Homewell Care Services & the amazing Songbirds!
Julia’s Memory Café	Julia’s Memory Café is a safe, comfortable space for individuals living with memory loss and their caregivers. It includes educational and engaging activities, friendly faces and a warm atmosphere! Light refreshments will be served.
Luncheon	There is a “chill” in the air so what better time for a chili cook-off then now! If you think you have the best, enter the contest! We will welcome our Brandon High School Girls Volleyball team as our special guests!
Lunch & Learn	Bella’s Companion Care is a privately owned elderly companion care service. Come learn about the valuable services they provide for the senior population.
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 Packing Party	We will be joining our friends at Peachtree Village for a fun and rewarding Operation Christmas Child Packing Party! We will pack all the boxes to assure that all children in need around the world have a box to open for Christmas.
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 masterpiece!
Vet to Vet Cafe	Are you a veteran? Or the spouse of a Veteran? Please join us for the Vet to Vet Café! This is our Veterans Appreciation Lunch at 11:00a.m. in the Buchanan Room. Sponsored by Baptist Hospice .