



June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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 NO SPANISH CLASSES 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 Name That Scam with Senior Medicare Patrol	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 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 Home Instead	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 2:00 Step-By-Step Painting with Natalie & SummerHouse Beau Ridge	8:30-10:00 Yogurt Parfait Bar 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 9:30 Vet to Vet Cafe 10:00 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
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 11:30 Lunch & Learn Happy Fathers Day Special "Firearm Safety" 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 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
22	23	24	25	26
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00	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 9:00 - 12:00 Community Health Fair AT Clyde Muse Center in Pearl 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 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 11:30 Luncheon \$10 "First Response First Aid & Safety" with Brandon Fire Department 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. Stick around and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
Book Club	<i>The Lost Bookshop</i> by Evie Woods
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.
Community Health fair	It’s that time of year again! All your favorite vendors under one roof! Go to the Clyde Muse Center in Pearl for the health fair of the year brought to you by the Rankin County Chamber . Food, prizes, entertainment and amazing information on quality of life!
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.
Intro. to Spanish Spanish I Spanish II	You will learn the very basics of the Spanish language such as pronunciation and grammar and practical vocabulary. And when you’re ready, you can graduate to Spanish I & III!
Lunch & Learn	Time to celebrate our “DADs!” Join us for a casual, informative lunch & learn focused on the education and responsibility of firearm safety featuring our speaker Jeff Williamson, PMP.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Luncheon	First Aid & Safety – being prepared, taking quick action, and preventing emergencies from getting worse. Our Brandon Firefighters will be here with helpful tips to help you feel more confident.
Vet to Vet Cafe	Are you a veteran? Or the spouse of a Veteran? Please join us for the Vet-to-Vet Café on Thursday, June 11 th at 9:30am. The Vet-to-Vet Café will meet on the 2 nd Thursday of each month at 9:30am. A light breakfast will be served. Sponsored by Baptist Hospice .
Name that Scam with SMP	Medicare Fraud Prevention Week is June 1-5, and Senior Medicare Patrol will be here to test your knowledge when it comes to Medicare scams! A fun game with prizes and snacks too!! Don’t miss it!
Step-By-Step Painting	Come be the artist that you never thought you could be! Natalie with Summerhouse Beau Ridge will take you step-by-step as you paint your treasured masterpiece!
Yogurt Parfait Bar	Let’s Build the Perfect Parfait! Join our friends with Covenant Caregivers for a bright and delicious Yogurt Parfait Bar! We can’t think of a better way to start your day!