



# August 2026

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

| Monday                                                                                                                | Tuesday                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                             | Thursday                                                                                                                                               | Friday                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3                                                                                                                     | 4                                                                                                                                                                                                                                                           | 5                                                                                                                                                                                     | 6                                                                                                                                                      | 7                                                                                                                                                           |
| 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:00 Beginner Chess<br>1:00 Beginner Bridge<br>1:00 Line Dance             | 8:30 NO MEN’S COFFEE<br>8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:00 Tai Chi<br>10:00 Beginner Chess<br>10:00 Spanish II<br>11:00 Spanish I<br>12:00 Intro. to Spanish<br>1:00 Line Dance<br>1:00 Dominoes                                               | 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:30 Lessons of Art<br>12:00 Bridge<br>1:00 Art & Friends                                                                                  | 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:10 Beginner Yoga<br>11:00 Dulcimer<br>1:00 Line Dance<br>1:00 Mahjong                                     | 9:00 Music Group<br>9:00 Bible Study<br>10:30 Hand & Foot<br>12:00 Dominoes                                                                                 |
| 10                                                                                                                    | 11                                                                                                                                                                                                                                                          | 12                                                                                                                                                                                    | 13                                                                                                                                                     | 14                                                                                                                                                          |
| 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:00 Beginner Chess<br>1:00 Beginner Bridge<br>1:00 BINGO with The Orchard | 8:30 Men’s Coffee<br>8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:00 Tai Chi<br>10:00 Beginner Chess<br>10:00 Memory Café - Busick Room<br>10:00 Spanish II<br>11:00 Spanish I<br>12:00 Intro. to Spanish<br>1:00 Line Dance<br>1:00 Dominoes               | 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:30 Lessons of Art<br>11:30 Lunch & Learn with Mississippi State University Extension<br>12:00 Bridge<br>1:00 Art & Friends               | 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>9:30 Vet to Vet Cafe<br>10:10 Beginner Yoga<br>11:00 DULCIMER IS OFF SITE<br>1:00 Line Dance<br>1:00 Mahjong | 9:00 Music Group<br>9:00 Bible Study<br>10:30 Hand & Foot<br>12:00 Dominoes                                                                                 |
| 17                                                                                                                    | 18                                                                                                                                                                                                                                                          | 19                                                                                                                                                                                    | 20                                                                                                                                                     | 21                                                                                                                                                          |
| 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:30 Beginner Chess<br>1:00 Beginner Bridge<br>1:00 Line Dance             | 8:30 Men’s Coffee<br>8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:00 Tai Chi<br>10:00 Beginner Chess<br>10:00 Spanish II<br>11:00 Spanish I<br>12:00 Intro. to Spanish<br>1:00 Line Dance<br>1:00 Dominoes<br>1:00 Avaio Digital Data Center with Mayor Lee | 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:30 Lessons of Art<br>11:30 Lunch & Learn with AMBA & Shelby Rogers “Better Understanding Your Retirement Benefits”<br>1:00 Art & Friends | 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:10 Beginner Yoga<br>NO ACTIVITIES AFTER 11AM                                                              | 9:00 Music Group<br>9:00 Bible Study<br>10:30 Hand & Foot<br>11:30 HAPPY NATIONAL SENIOR CITIZEN DAY LUNCHEON WITH AARP & BAPTIST HOSPICE<br>12:00 Dominoes |
| 24                                                                                                                    | 25                                                                                                                                                                                                                                                          | 26                                                                                                                                                                                    | 27                                                                                                                                                     | 28                                                                                                                                                          |
| 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:30 Beginner Chess<br>1:00 Beginner Bridge                                | 8:30 Men’s Coffee<br>8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:00 Tai Chi<br>10:00 Beginner Chess<br>10:00 Spanish II<br>11:00 Spanish I<br>12:00 Intro. to Spanish<br>1:00 Line Dance<br>1:00 Dominoes                                                  | 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:30 Lessons of Art<br>12:00 Bridge<br>1:00 Art & Friends                                                                                  | 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:10 Beginner Yoga<br>11:00 DULCIMER IS OFF SITE<br>1:00 Line Dance<br>1:00 Mahjong<br>2:00 Book Club       | 9:00 Music Group<br>9:00 Bible Study<br>10:30 Hand & Foot<br>12:00 Dominoes                                                                                 |
| 31                                                                                                                    |                                                                                                                                                                                                                                                             |                                                                                                                                                                                       |                                                                                                                                                        |                                                                                                                                                             |
| 8:30 Sit & Be Fit<br>9:15 Cardio Combo<br>10:30 Beginner Chess<br>1:00 Beginner Bridge<br>1:00 Line Dance             |                                                                                                                                                                                                                                                             |                                                                                                                                                                                       |                                                                                                                                                        |                                                                                                                                                             |

| Fitness Class Descriptions                           |                                                                                                                                                                                                                                                    |
|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sit &amp; Be Fit</b><br>(Beginner)<br>45 min      | Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)                                                                                        |
| <b>Cardio Combo!</b><br>(Beg/Intermediate)<br>45 min | Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)                                                                                    |
| <b>Beginner Yoga</b>                                 | 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.                                                                                          |
| <b>Tai Chi</b><br>(Beginner)<br>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.                                                          |
| <b>Line Dancing</b>                                  | 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                                           |                                                                                                                                                                                                                                                    |
| <b>Avaio Digital Data Center</b>                     | Join <b>Mayor Butch Lee</b> for a “ <b>All things Avaio Digital Data Center</b> ” information event. Learn all the pros & cons of having a data center as well as a time for questions & answers.                                                  |
| <b>Lessons of Art Art &amp; Friends</b>              | 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.                                                                                 |
| <b>Bible Study</b>                                   | A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson.                                                                                                                                                          |
| <b>Bingo</b>                                         | Come celebrate our August birthdays with a fun game of <b>BINGO!</b>                                                                                                                                                                               |
| <b>Book Club</b>                                     | <i>The Kite Runner</i> by Khaled Hosseini                                                                                                                                                                                                          |
| <b>Bridge</b>                                        | We have two Bridge groups active: <b>Experienced Bridge and Beginner Bridge</b> . Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.                                                             |
| <b>Hand and Foot Dominoes</b>                        | 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.                                                                                                                |
| <b>Dulcimer</b>                                      | 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.                                                                            |
| <b>Luncheon</b>                                      | It’s <b>National Senior Citizen Day....</b> aka it’s a day all for you! Our friends from <b>AARP</b> will be here with lunch, games and prizes! <b>Baptist Hospice</b> will chill things out with an ice cream bar! A guaranteed fun time for all! |
| <b>Lunch &amp; Learn</b>                             | <b>AMBA</b> , which will be represented by <b>Shelby Rogers</b> , will share helpful information about retirement and benefits while also providing practical resources to help you better understand your options.                                |
| <b>Lunch &amp; Learn</b>                             | What is the <b>MSU Extension</b> ? What do they do? Join <b>Adam Bailey</b> for an informative lunch & learn full of information that you can use for your quality of life.                                                                        |
| <b>Memory Café</b>                                   | <b>Ethel’s Memory Café</b> is a welcoming space for individuals living with memory loss and their caregivers. Enjoy engaging activities, light refreshments and opportunities to connect with others.                                              |
| <b>Music Group</b>                                   | Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!                                                                                                                                  |
| <b>Spanish</b>                                       | We currently have 3 levels of <b>Spanish</b> classes. Learn the very basics in <b>Introduction to Spanish</b> and then graduate to <b>Spanish I</b> and <b>Spanish II</b> .                                                                        |
| <b>Vet to Vet Cafe</b>                               | Please join us at the <b>Vet-to-Vet Café!</b> The <b>Vet-to-Vet Café</b> will meet on the 2 <sup>nd</sup> Thursday of each month. There will be a guest speaker, and a light breakfast will be served. Sponsored by <b>Baptist Hospice</b> .       |