



September2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	8:30 Men’s Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Beginner Chess 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dance 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 Dance 1:00 Mahjong 1:00 Beginner Dulcimer 6:00pm Rankin’s to Golden Gala 8:30pm Civic Room \$20	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
7	8	9	10	11
SENIOR CENTER CLOSED IN OBSERVANCE OF THE LABOR DAY HOLIDAY	8:30 Men’s Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Beginner Chess 10:00 Memory Café - Buchanan Room 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dance 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 9:30 Vet to Vet Cafe 10:10 Beginner Yoga 11:00 DULCIMER IS OFF SITE 1:00 Line Dance 1:00 Mahjong 1:00 Beginner Dulcimer	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:00- Patriot’s Day to Luncheon 2026 12:30 Civic Room 12:00 Dominoes
14	15	16	17	18
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO - Nat’l Cheese Pizza Day Edition with Covenant Caregivers	8:30 Men’s Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Beginner Chess 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dance 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:30 Tailgate Fun with Visiting Angels 12:00 Bridge	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dance 1:00 Mahjong 1:00 Beginner Dulcimer	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
21	22	23	24	25
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dance	8:30 Men’s Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Beginner Chess 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dance 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 IS OFF SITE 1:00 Line Dance 1:00 Mahjong 1:00 Beginner Dulcimer 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
28	29	30		
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dance	8:30 Men’s Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi Rest of day same as above Tuesdays	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends		

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. Then stay 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 an open, non-denominational Bible lesson.
Bingo	Come celebrate our September birthdays and National Cheese Pizza Day with our friends from Covenant Caregivers with a fun game of BINGO!
Book Club	<i>Playing for Pizza</i> by John Grisham
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.
Dulcimer	NEW ADDITION TO THE CALENDAR: Beginner Dulcimer. The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap.
Memory Café	Ethel’s Memory Café is a welcoming space for individuals living with memory loss and their caregivers. Enjoy engaging activities, light refreshments and opportunities to connect with others.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Patriot’s Day Luncheon 2026	Join us as we all come together to honor and remember on September 11 th at Brandon City Hall. This event will pay tribute to the First Responders who serve and protect our community each day.
Rankin’s Golden Gala	You’re invited to the first Hometown Magazines Rankin’s Golden Gala! Join all the Senior Center’s in Rankin County for a fun-filled evening of great food, live music, dancing and fellowship! Purchase your ticket in the senior services office...you do not want to miss it!!
Spanish	We currently have 3 levels of Spanish classes. Learn the very basics in Introduction to Spanish and then graduate to Spanish I and Spanish II .
Tailgate Fun with Visiting Angels	It’s officially football season and time to celebrate our favorite teams! Wear your favorite football team shirt/jersey and join our friends from Visiting Angels for some awesome tailgate fun!!
Vet to Vet Cafe	Please join us at the Vet-to-Vet Café! The Vet-to-Vet Café will meet on the 2 nd Thursday of each month. There will be a guest speaker, and a light breakfast will be served. Sponsored by Baptist Hospice .