



October 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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 Beginner Dulcimer	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 10:30 Dominoes
5	6	7	8	9
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO with About You In Home Care	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	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 Dancing 1:00 Mahjong 1:00 Beginner Dulcimer	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 10:30 Dominoes
12	13	14	15	16
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 NO 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 Memory Café Busick Room 10:00 NO SPANISH 1:00 Line Dancing 1:00 Dominoes	8:00 - 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	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 Beginner Dulcimer	SENIOR CENTER CLOSED FOR A PRIVATE EVENT
19	20	21	22	23
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 NO 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 11:30 Lunch & Learn Pelvic Health Performance Therapy 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 Dancing 1:00 Mahjong 1:00 Beginner Dulcimer	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 10:30 Dominoes 11:30 Luncheon \$10 DJ042 MUSIC BINGO
26	27	28	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	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:30 Lunch & Learn Partners In Caring - Brandon Community Center 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 Dancing 1:00 Mahjong 1:00 Beginner Dulcimer 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 10:30 Dominoes

Pickleball Lessons *4 weeks* *\$40* *Shiloh Park*

Beginners – THURSDAYS 10/1, 10/8, 10/15, 10/22 8:30AM- 9:30AM

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

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 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 an open, non-denominational Bible lesson.
Bingo	Let’s celebrate our October birthdays with a fun-filled game of BINGO!
Book Club	<i>The Only One Left</i> by Riley Sager
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.
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.
Lunch & Learn	Join us for an informative Lunch & Learn all about pelvic health! Casie Peters, PT, DPT with Performance Therapy will be here to discuss common pelvic health concerns and simple steps that can help improve comfort, confidence, and quality of life.
Lunch & Learn	You’re invited to a lunch & learn with our friends from Brandon Community Care Center . They believe in providing care that includes not just health, but dignity, respect, and compassion. Care that meets the individual needs of residents in the most comfortable, home-like environment.
Luncheon	Get ready for some music, laughter, food, and FUN!! Join us for a Music Bingo Luncheon by DJ042! Listen to your favorite tunes! Match the songs to your bingo card! Win fun prizes! Tickets \$10.
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!
Senior American Day at the MS State Fair	Meet us here or meet us there! It’s Senior American Day at the fair! From 8-12 it’s all things seniors!! There will be vendors, entertainment and lunch on the Midway. Oh, and don’t forget your free biscuit!
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 very own masterpiece.
Vet to Vet Cafe	Are you a veteran? Or the spouse of a veteran? Please join us at the Vet-to-Vet Café! The Vet-to-Vet Café will meet on the 2 nd Thursday of each month at 9:30am. Breakfast will be served.