

MARCH 2026



SENIOR CENTER

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 8:30 a.m. Total Body Conditioning 10 a.m. Timeless Treasures Hymn Singing 11:30 a.m. Mahjong 12:15 p.m. Cardio Drumming	3 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga	4 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12:15 p.m. Cardio Drumming	5 Alabaster Taste and Tour: Chubbfathers & Public Works 9:15 a.m. Beginner Line Dancing 10 a.m. Watercolor Workshop 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga	6 Rook Tournament 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning 12 p.m. Penny Auction with SouthernCare New Beacon Clanton	7
8 <i>DAYLIGHT SAVING TIME BEGINS</i>	9 8:30 a.m. Total Body Conditioning 10 a.m. Timeless Treasures Hymn Singing 11:30 a.m. Mahjong 12:15 p.m. Cardio Drumming	10 Lunch at Slice and Shop at Trellis Nursery 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga	11 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12:15 p.m. Cardio Drumming	12 9:15 a.m. Beginner Line Dancing 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga	13 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning 12 p.m. St. Patrick's Day Celebration with Music by C & C Duo!	14
15	16 8:30 a.m. Total Body Conditioning 10 a.m. Timeless Treasures Hymn Singing 11:30 a.m. Mahjong 12:15 p.m. Cardio Drumming	17 10 a.m. Pour Painting 1 p.m. Cardmaking Class 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga	18 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12:15 p.m. Cardio Drumming	19 9:15 a.m. Beginner Line Dancing 10 a.m. Painting with Mandy 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga	20 ASO Coffee Concert at the Alys Stephens Center and Lunch 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning	21
22	23 8:30 a.m. Total Body Conditioning 9:30 a.m. Book Club 10 a.m. Timeless Treasures Hymn Singing 11:30 a.m. Mahjong NO Cardio Drumming	24 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga	25 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12 p.m. Singo with Rehab Select NO Cardio Drumming	26 9:15 a.m. Beginner Line Dancing 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga	27 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning 12 p.m. Bingo with SouthernCare New Beacon Alabaster	28
29	30 8:30 a.m. Total Body Conditioning 10 a.m. Timeless Treasures Hymn Singing 11:30 a.m. Mahjong 12:15 p.m. Cardio Drumming 1 p.m. Master Gardener Series	31 Dreadriver Tour and Lunch 10 a.m. Acrylic Painting 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga	<h2>205-663-1307</h2> <p>1097 7TH STREET SW ALABASTER, AL 35007 MONDAY-FRIDAY 8 AM- 3:30 PM</p>		<p>● Blue Text: Sign-Up Required (Begins March 2nd) ● Red Text: No Sign-Up Required</p> <p style="text-align: center;">LUNCH IS SERVED DAILY at 11:15 a.m. First Come, First Serve!</p>	