

# March 2026



## Heardmont Senior Community Center

heardmontparkseniorcommunitycenter.org

205-991-5742

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning <b>12:30-2 Watercolor (FULL)</b>	<b>3</b> 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics <b>12:00 Dignity Memorial</b> <i>Presentation &amp; Lunch Provided, RSVP</i>	<b>4</b> 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	<b>5</b> 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics <b>12:30 Open Bingo</b> <i>by SouthernCare New Beacon</i> 1:20-2:15 Well-Balanced	<b>6</b> 10-11 Refit	<b>7</b>
<b>8</b>	<b>9</b> 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning <b>12:30-2 Watercolor (FULL)</b>	<b>10</b> 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15-2:15 Shelby Strummers <b>12:30 Fly Into Spring</b> <i>by Harrison Regional Library</i>	<b>11</b> 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	<b>12</b> <b>9:30 Christie Anne Art,</b> <b>\$15, RSVP by 3/9</b> <b>Lunch Bunch: RSVP,</b> <b>depart 10:45</b> 10:30-11:15 Aerobics 11:15-12 Aerobics 1:20-2:15 Well-Balanced	<b>13</b> 10-11 Refit	<b>14</b>
<b>15</b>	<b>16</b> 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11 Birthday Cake 11-12 Total Body Conditioning <b>12:30-2 Watercolor (FULL)</b> 	<b>17</b> 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Estate Planning <i>by Provident Law</i> 	<b>18</b> 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	<b>19</b> 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:20-2:15 Well-Balanced	<b>20</b> 10-11 Refit <b>ASO Coffee Concert: Haydn &amp; Britten, RSVP 3/2-3/12,</b> <b>Depart 9:45, Lunch @ Niki's West after</b>	<b>21</b>
<b>22</b>	<b>23</b> 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning <b>12:30-2 Watercolor (FULL)</b>	<b>24</b> 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics <b>12:30 Open Bingo</b> <i>by ProHealth</i>	<b>25</b> 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	<b>26</b> <b>Lunch Bunch: RSVP,</b> <b>depart 10:45</b> 10:30-11:15 Aerobics 11:15-12 Aerobics 1:20-2:15 Well-Balanced	<b>27</b> 10-11 Refit	<b>28</b>
<b>29</b>	<b>30</b> 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning <b>12:30-2 Watercolor (FULL)</b>	<b>31</b> 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics <b>12 Easter Lunch Catered</b> <b>RSVP with desserts</b>	 <p><b>Monday-Friday 8:30-2:30 (unless otherwise noted)</b>  <b>Lunch served daily 12-12:15</b>  <b>Calendar subject to change</b>  <b>Highlighted events/activities require sign-up</b>  <b>Follow us on Facebook @HeardmontSeniorCommunityCenter</b></p> 			