

Shelby County Senior Scene

September 2016

The Birmingham Zoo would like to welcome all Shelby County Seniors - Tuesday, September 27

All Shelby County individuals over age 55 will receive free admission to the Zoo and can enjoy a complimentary Sea Lion Training Demonstration at 10 am.

In addition, a special complimentary Wildlife Show will be held for all Shelby County Seniors in the Auditorium at 11am. During this exciting show, Shelby County guests will be able to be up-close with several of the Zoo's Education animals. Guests may hear the call of a kookaburra, feel transported to South America as they learn about the coatimundi, and may have a vulture fly close overhead!



The Birmingham Zoo opens at 9am and will close at 5pm. Come enjoy a day at the Zoo courtesy of Shelby County and DiscoverShelby.com. For more information please contact the Zoo's group coordinator at 205-870-5230 or the Zoo's main number at 205-870-0409. Visit our website at www.birminghamzoo.com

**SENIOR
CENTERS
WILL BE
CLOSED**



**MONDAY,
SEPTEMBER
5TH**



**FOR
LABOR DAY**



ASO ALABAMA SYMPHONY ORCHESTRA
Coffee Concert

**CARLOS CONDUCTS
TCHAIKOVSKY 5**
September 16, 2016 | 11am
Carlos Izcaray, conductor
TCHAIKOVSKY Symphony No. 5

**Shelby County Seniors
receive free admission. Call
205-670-6557 to make your
reservation no later than
September 9th.**

Alys Stephens Center, Jemison Concert Hall
Doors open at 10:30
Coffee & muffins

Alabaster Senior Center-663-1307
Weekdays 9:00 am – 3:00 pm
games/activities/classes/lunch
1097 7th Street SW, Alabaster

Mondays – 10 am – Singing w/The Timeless Treasures;
1:00 pm – Head to Toe Fitness

Tuesdays – 1:15 pm Gentle Yoga

Wednesdays – 9 am – Rook; Crochet, Knitting More;
9:30 am – Rummikub; 9:30 am – Arthritis Exercise; 1
pm - Zumba Gold; 1 pm – Open Painting

Thursdays – 9:15 am – Intermediate Line Dancing; 10
am – Open Painting; 10:10 am – Beginning Line
Dancing; 12:30 pm – Bridge; 1 pm - Ageless Adventures
in Movement;

Fridays – 10:00 am – Games and Tempo Exercises;

Special Events in September:

6th – 10 am – Drum Circle; 12 pm Bingo- Southern
Care

7th – Lunch bunch – Real and Rosemary

9th – 9:15 am – Biscuits & Tea – Jim n Nick's; 12 pm
– Music w Paul

12th – 12 pm – Paper crafting class

13th – Civil War Lunch Theater in TN

16th – 12 pm – Technology Class w Patrick

19th – 11:45 am – Mary's Health Minute

20th – Gardening Outing – Anniston, AL

21st – 12 pm – Ice Cream Social – New Beacon

26th – 9:30 am – Book Club

27th – Downtown Bhm Tour; 9 am – Wellness
checks w/Fire Dept.

30th – 12pm – Bingo w American Hospice

Sign up for Charleston Trip

Chelsea Senior Center-677-2052
Walking track/exercise room
11101 Hwy 47, Chelsea, AL

Mondays – 9 am – Exercise Class

Wednesdays – 9 am – 1 pm – Pickleball

Thursdays – 9 am – 2 pm – Senior Game Day

Fridays – 9 am – Exercise Class; 9 am – 12 pm –
Pickleball

Saturdays – 9 am – noon - Pickleball

Calera Senior Center – 670-9988
weekdays 8:00 am-4:00 pm
games/activities/lunch/computers/pool
table/sewing machines, entertainment,
trips, Wii games

Mondays – 10 am – Dixie troubadours 10:30 Knitting

Tuesdays - Exercise

Wednesdays – 10 am – Games at Center

Thursdays – Bible Study

Columbiana Senior Center
669-3969 weekdays 8:00 am – 4:00 pm
games/exercise/trips/hot lunch @11:30

Mondays – 10 am – Wii Bowling; 1 pm – Tai Chi

Tuesdays – 12:30 pm - Bridge

Wednesdays – Sewing & Quilting with Sarah – all day;
10 am - Beginner line dancing; 1 pm – Intermediate
line dancing

Thursdays: 9 am – Yoga; 1 pm – Dominoes

Fridays: 10 am – Cornhole game

Special Events in September:

6th – 10 am – Candle making class

7th – Coffee with the Mayor

8th – Singing w The Todd's

9th – Lunch bunch – Golden Corral

13th – Bingo (Southern Care)

20th – 10 am – The Magic Man "Mind Games"

23rd – 10 am – Homecoming Tailgate

27th – Trip to Birmingham Zoo

29th – 10:30 – Snack & Learn – Southeastern Senior
Benefits

30th – Trip to Noccalula Falls – must sign up



Heardmont Senior Center 205-991-5742

Weekdays 9:00 am – 3:00 pm
games/exercise /lunch
5452 Cahaba Valley Rd. (119)

Mondays – 9:30 am – Tai Chi; Mah Jongg; 10:30 am - Canasta

Tuesdays – 10 am – Aerobics; 10:45 am – Aerobics II; 10 am; Bingo & Board games; 11 am Bible Study

Wednesdays – 9 am– Bridge; 12 pm – Needlework

Thursdays – 10 am – Bingo Bunch; 10:15 am – Aerobics; 11:10 am – Aerobics II;

Fridays – 9 am – Zumba GOLD; 10 am – Intermediate Line dancing; 11 am –Beginning Line dancing

Special Events in September:

8th – Morning Biscuit Bash

20th – 11:30 am – Lunch at Bistro Pro Vare on Jefferson State campus

22nd – Harrison Library presentation; Sundae Thursday

23rd – 6:30 pm – Evening Dance

27th – Trip to Birmingham Zoo

29th – 9:30 – 11:30 – Flu Shot Clinic

Helena Senior Center
Tucker Road next to Library
Call John Daniel at 205-664-9125

Mondays & Thursdays - 10 am - Chair Aerobics

Tuesdays – 10 am – 3 pm – Cards & Games/Bring your own lunch – drinks provided

Fridays – 5 pm – Evening social & potluck – 1st Friday club provides main course

Sundays -1 pm – Games & Fellowship

Montevallo Senior Center 205-665-9206

Weekdays 9:00 am – 1:00 pm
Games & hot lunch

Wednesdays– 9 am – Computer class with Dr. Ratchford from University of Montevallo; Exercise Class

Special Events in September:

7th – 1:30 pm – Free Bridge Lessons Call 492-7293

14th – 10 am – Ice Cream Social – New Beacon

16th – 10 am – Welcome Fall Celebration

19th – 10 am – Bingo – by Southern Care

22nd – 8:45 am – Exercise Class – UM Students

23rd – 10 am – Health Workshop –UAB Nursing

Pelham Senior Center 205-620-6064
Weekdays 10:00 am -3:00 pm
Art/Exercise/Dance/Games – 55+

Mondays - 10:30 am Needlecrafts;12 pm – Mah Jongg; 12:30 pm - Arts and Crafts; 12:30 pm -Exercise

Tuesdays – 10:30 Art \$5 mo; 1 pm Adv. Line Dancing; 2 pm Beginning Line Dancing; 1pm– Rummikub;

Wednesdays – 10 am – Men Coffee Club; 10am – Bridge; 11 am – Wii Bowling; 12:30 pm – Exercise; 1 pm Rummikub;

Thursdays – 10 am – Pelham Pioneers Program; 1 pm – games; 1:30 pm – Bingo

Fridays – 10:30 am – Tai Chi; 12:15 pm – Exercise; 1pm - Games

Special Events in September:

1st – 10:30 am – Al Roberto sings Sinatra

8th – 10:30 am - Bingo

15th – 10:30 am – Mystery Lunch Bus; 1pm - Bingo

16th – 7 pm – Fall Dance w Sunshine Band - \$5

19th – 1:30 pm - Drum Set

21st – 10 am – Outside the Lines; 1:30 pm – Pelham Promenaders

22nd – 10:30 am – Alabama Passport; 1 pm - Bingo

FESTIVAL OF VOICES CONCERT

LEBARON RECITAL HALL, SEPTEMBER 27, 7:30 P.M.

PALMER AUDITORIUM, UM CAMPUS, SEPTEMBER 28, 4:30 P.M.

This festival consists of two “All-State” quality honors choruses comprised of high school and middle school students, nominated by their choir directors, from public and private high schools throughout the State of Alabama. The choirs also rehearse and perform ‘side-by-side’ with University of Montevallo Choirs

Vandiver/Sterrett Senior Center
205-229-3389 or 205-672-8040
in Vandiver Park

Monday - Friday - 7 am –Men’s Coffee Club; 6 pm –
Exercise w/ Karen Echols

Thursdays - 11 am – Quilting

Fridays - 12 pm – Potluck Lunch & Games

Vincent Senior Center 205-672-7697
John Sparkman Court
9:00 am - 1:00 pm

games/exercise /lunch/computers/fun

Mondays – 9 am Reminisce & 10:30 am - Exercise

Tuesdays / Fridays - Games

Wednesdays - Bible Study and Devotionals

Tuesdays/Thursdays - Exercise

Special Events in September:

13th – Bingo at Shops of Grand River

16th – Coosa Queen River Boat Trip

21st – 10:30 am – Becky from Harrison library

27th – Trip to Birmingham Zoo

29th – Trip to Riverchase Galleria

Westover Senior Center 205-678-3385
Located in Westover Town Hall

Wednesdays at 10:00 am for Wii
Bowling/games/speakers/ lunch

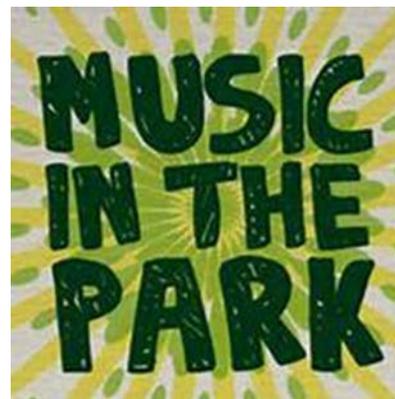
Save the Date

October 12, 2016 - 10 am - 1pm

Music in the Park

Live music & lunch

Westover City Park 3312 Westover Road
Westover, AL 35147
205-678-3375 – rsvp by 10/1



Food Assistance for Seniors

The Middle Alabama Agency on Aging is making it easier for seniors to apply and receive food stamps. The supplemental **Nutrition Assistance Program (SNAP)** helps over 4 million seniors whose individual income is \$1245 or less per month to buy healthy food. You may qualify for this new program. Enrollment is easy. No face to face interview and a short application form. For more information and/or to apply, please call Denise Stamps at 205-670-5770.