

February 2018

Alabaster Senior Center
 1097 7th Street SW, Alabaster, AL 35007
 (205) 663-1307 Monday—Friday 8:00am— 3:30pm
 www.cityofalabaster.com

Mon	Tue	Wed	Thu	Fri
			<p>1 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor Painting 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 1-3pm Watercolor Painting 2:15-3:15pm Gentle Yoga</p>	<p>2 9:30am Movin & Groovin 10am Timeless Truths 12:00-1:30pm Jewelry Class (Part 1)</p>
<p>5 Timeless Treasures Performs at River Highlands 10-11am Jewelry Class (Part 2) 12pm Tin Can Flowers Southeast Hospice Network 1-2pm Tai Chi Joint and Balance 2-3pm A Healthy New U</p>	<p>6 10am Blood Pressure Checks with Southern Care Hospice 12pm Mexican Train/Chicken Foot Dominoes 1:15-2:15pm Gentle Yoga</p>	<p>7 Lunch Bunch Custom Cafe 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 1-3pm Watercolor Paint</p>	<p>8 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor Painting 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 1-3pm Watercolor Painting 2:15-3:15pm Gentle Yoga</p>	<p>9 9:15am Biscuits and tea with Jim N Nick's 9:30am Movin & Groovin 10am Timeless Truths 12pm Bingo with Rosia</p>
<p>12 10am Timeless Treasures Singing 12:30-3pm Paper Crafting Class 1-2pm Tai Chi Joint and Balance 2-3pm A Healthy New U</p>	<p>13 Phone 101— with Patrick 9:30-10:15am Iphone 10:20-11:05am Android 12pm Mexican Train/Chicken Foot Dominoes am 1:15-2:15pm Gentle Yoga</p>	<p>14 Happy Valentines Day! 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 1-3pm Watercolor Paint</p>	<p>15 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor Painting 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 1-3pm Watercolor Painting 2:15-3:15pm Gentle Yoga</p>	<p>16 9:30am Movin & Groovin 10am Timeless Truths 12pm James and James Entertainment</p>
<p>19 10am Timeless Treasures Singing 1-2pm Tai Chi Joint and Balance 2-3pm A Healthy New U</p>	<p>20 9:30am Gardening with Betty 12pm Mexican Train/Chicken Foot Dominoes 12pm Brookwood Baptist Health 1:15-2:15pm Gentle Yoga</p>	<p>21 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 11:45am Annette's Health Minute 1-3pm Watercolor Paint</p>	<p>22 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor Painting 12:30-3:30pm Bridge Ageless Adventures at Regency Retirement 1-3pm Watercolor Painting 2:15-3:15pm Gentle Yoga</p>	<p>23 Bham Art Museum & Lunch 9:30am Movin & Groovin 10am Timeless Truths</p>
<p>26 9:30am Book Club 10am Timeless Treasures Singing 11-1pm Doodle, Letter, Journal 1-2pm Tai Chi Joint and Balance 2-3pm A Healthy New U</p>	<p>27 Alabama Sports Hall of Fame Outing 12pm Mexican Train/Chicken Foot Dominoes 12pm Southeast Hospice Network 1:15-2:15pm Gentle Yoga</p>	<p>28 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 1-3pm Watercolor Paint</p>		<p>Lunch is served everyday at 11:30am Calendars are subject to change</p>

COLUMBIANA SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Yoga 1:00 Mexican Train Dominoes	2 8:30 Merchant Breakfast with the Mayor
5 Sewing and Quilting 8-4 1:00 Tai Chi	6 1:00 Mahjong	7 Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	8 9:00 Yoga 10:30 – 11:30 Glamor Shots and Portraits (Southern Care) 1:00 Mexican Train Dominoes 4:00-8:00 Pot Luck Supper	9 *Trip: Top Golf Birmingham (Brunch and Golf Range. No golf experience necessary.)
12 Sewing and Quilting 8-4 10:00 Valentine Craft (Columbiana Library) 1:00 Tai Chi	13 10:00 BINGO (Southern Care) 1:00 Mahjong	14 *8:30 – 9:30 Valentine Breakfast Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	15 9:00 Yoga 1:00 Mexican Train Dominoes	16 *Lunch Bunch: The Local Restaurant TOMORROW IS COWBOY DAY!!!
19 Closed for President's Day	20 1:00 Mahjong	21 Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	22 9:00 Yoga 1:00 Mexican Train Dominoes	23 *Trip: Conecuh Sausage Store in Evergreen
26 Sewing and Quilting 8-4 1:00 Tai Chi	27 1:00 Mahjong	28 Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	*Please sign up in advance for anything marked with an asterisk*	Lunch Served Daily at 11:30

February


Trips and Special Events

- 8th 10:30 to 11:30 Glamor Shots and Portraits (Free - Southern Care)
4:00 – 8:00 Pot Luck Supper
- 9th *Trip: Top Golf. Golf range and brunch. (\$25 includes brunch and golf. No golf experience necessary. Clubs provided.)
- 12th 10:00 Valentine Craft (Columbiana Library)
- 13th BINGO (Southern Care)
- 14th *8:30 – 9:30 Valentine Breakfast. (\$2)
- 16th *Lunch Bunch at The Local Kitchen and Ale
- 17th COWBOY DAY Line Dancers dance at
- 23rd *Trip: Conecuh Sausage Store in Evergreen, AL (\$1)

Please sign up for anything marked with an asterisk

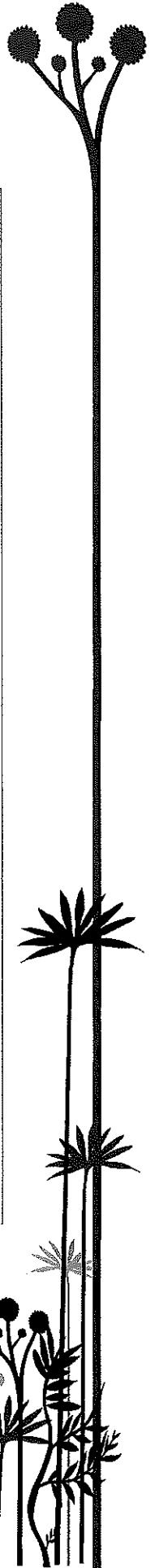
FEBRUARY, 2018

Heardmont Park Senior Center 5452 Cahaba Valley Road Birmingham, AL 35242

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Center hours are: <i>Monday-Friday 9-3 pm</i> Phone : 991-5742 Fax: 991-5657			1 10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH	2 9-10 Zumba Gold 12 LUNCH
5 9:30-10:30 Tai Chi 9:30- 12 Mah Jong 12 LUNCH	6 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH Senior Leadership Academy	7 9-12 Bridge 12 LUNCH	8 10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH Birmingham Museum of Art Lunch at the Bistro	9 9-10 Zumba Gold 12 LUNCH
12 9:30-10:30 Tai Chi 9:30- 12 Mah Jong 10:30-2:30 – Canasta 12 LUNCH	13 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH Greg Lawrence CLEARCAPTIONS	14 9-12 Bridge 12 LUNCH 12:30 Valentine's Day Tea and Card Exchange R.S.V.P	15 10:00-11:00 Aerobics 11:00 Becky-Harrison Regional Library 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH	16 9-10 Zumba Gold 12 LUNCH
19 Center Closed President's Day	20 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	21 9-12 Bridge 12 LUNCH	22 10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH Heardmont Dance 6:30p.m.	23 9-10 Zumba Gold 12 LUNCH Coffee Concert 9:30 departure
26 9:30-10:30 Tai Chi 9:30- 12 Mah Jong 10:30-2:30 – Canasta 12 LUNCH	27 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	28 9-12 Bridge 12 LUNCH		**The Senior Center observes Shelby County School closings for inclimate weather. <u>If the schools are closed we are closed**</u>

February

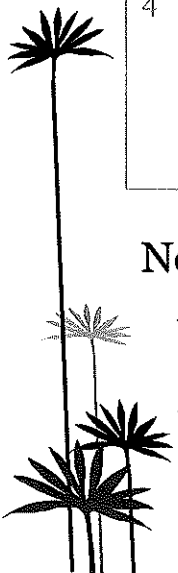
2018

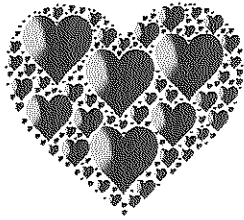


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Groundhog Day	3
4	5 Matter of Balance Fall prevention class 10-11:30	6	7 Computer class	8 Exercise class	9	10
11	12 Matter of Balance Fall prevention class 10-11:30	13	14 Computer class Happy valentine's day	15 Exercise class	16	17
18	19 President day closed	20	21	22	23	24
25	26 Matter of Balance Fall prevention class 10-11:30	27	28 Computer class	1	2	3
4	5	6	7	8	9	10

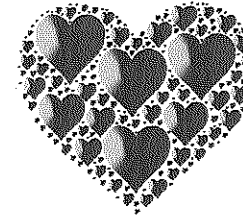
Notes:

MONTEVALLO SENIOR CENTER
434 Vine Street, Montevallo, AL 35115
Rose DeVinner, Center Manager
(205) 665-9206





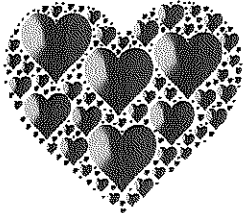
Pelham Senior Center February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Mon-Fr 10-3 620-6064</p>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Find us on: facebook® </div>			<p>1 Pelham New Pioneers 10:30 Bingo 1 Games 1</p>	<p>2 Tai Chi 10:30 Exercise 11:30 Games 1</p>	3
4	<p>5 Bridge 10 Craft Arts 10:30 Exercise 12:15 Mah Jongg 12:00 Drum Circle 1:30</p>	<p>6 Red Hats 10 Art 10:30 Ad. Line Dance 1:00 Beginning Line Dance 2</p>	<p>7 Bridge 10 Reveille 10 WII Bowling 11 Exercise 11:30</p>	<p>8 Games 10 Movie Day "Greatest Showman" 12:45 Bingo 1 Valentine's Dance 6-9 \$10/Tickets must be purchased before Dance</p>	<p>9 Tai Chi 10:30 Exercise 11:30 Games 1</p>	10
11	<p>12 Bridge 10 Craft Arts 10:30 Exercise 12:15 Mah Jongg 12:00</p>	<p>13 Bingo @ Grand River 9:15 Art 10:30 Ad. Line Dance 1:00 Beginning Line Dance 2</p>	<p>14 Bridge 10 Reveille 10 WII Bowling 11 Exercise 11:30</p>	<p>15 Mystery Lunch 10:30 Bingo 1 Games</p>	<p>16 Tai Chi 10:30 Exercise 11:30 Games 1</p>	17
18	<p>19 Bridge 10 Craft Arts 10:30 Exercise 12:15 Mah Jongg 12:00</p>	<p>20 Art 10:30 Ad. Line Dance 1:00 Beginning Line Dance 2</p>	<p>21 Bridge 10 Reveille 10 WII Bowling 11 Exercise 11:30</p>	<p>22 Alabama Passport Bingo 1 Games</p>	<p>23 Coffee Concert 10 Tai Chi 10:30 Exercise 11:30 Games 1</p>	24
25	<p>26 Bridge 10 Craft Arts 10:30 Exercise 12:15 Mah Jongg 12:00</p>	<p>27 Art 10:30 Ad. Line Dance 1:00 Beginning Line Dance 2</p>	<p>28 Bridge 10 Reveille 10 WII Bowling 11 Exercise 11:30</p>	<p><i>PSC Notes: Valentine's Dance Tickets available for purchase. Dale's will cater event.</i></p>		

FEBRUARY 2018

Vincent Senior Center • 19 John Sparkman Court • Vincent, AL 35178

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Center hours: Mon - Fri 8:00am -1:00pm Phone: (205) 672-7697 Email: vincentcenter1@gmail.com Ctr. Mgr.: Monica Datcher</p>			1 Exercise 10:00 a.m.	2 Shopping Lunch 9:20 a.m.
5 Reminiscing about weekend	6 Dominoes – 10:15 a.m.	7 Devotion – 10:30 a.m. Educational Material – 11:00 a.m.	8 Exercise – 10:00 a.m.	9 Shopping Lunch 9:20 a.m.
12 Reminiscing about weekend	13 BINGO (Leeds) – 9:00 a.m.	14 Valentine’s Party Pictures – 9:00 a.m.	15 Exercise – 10:00 a.m.	16 Thrift Store – 9:30 a.m. Lunch
19 Reminiscing about weekend	20 Arts & Crafts – 10:30 a.m.	21 Devotion – 10:30 a.m. Educational Material – 11:00 a.m..	22 Dominoes – 10:00 a.m.	23 Shopping Lunch 9:20 a.m.
26 Reminiscing about weekend	27	28 BINGO w/ Prizes – 10:30 a.m.		

February 2018

WESTOVER SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Center hours are: <i>10:00AM-1:00PM</i> Phone: <i>(205) 678-3375 Ext 703</i> Email:				
		7 Bingo Lunch		
	Game night for seniors Time:6:30 City Hall Snacks	14 Valentine party		
		21 Pull books New Books for Library		23 Coffee concert
		28 Games Lunch		