

# August 2017

**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
	1 9:30am Adult Coloring 1pm Tin Cans and Flowers NEW 12pm Mexican Train/ Chicken Foot Dominoes 1:15-2:15pm Gentle Yoga	2 <b>Master Games– Trussville</b> 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 12pm <b>Bingo with Davena</b> 1-3pm Open Watercolor Paint	3 <b>Master Games– Trussville</b> 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Painting 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 2:15-3:15pm Gentle Yoga	4 9:30am Movin & Groovin <b>10-11am Timeless Truths</b>
7 10am Timeless Treasures Singing <b>10-11:30am Creative Lettering I</b> 12-1:30pm Creative Letting II 1-2pm Head to Toe	8 <b>10-12pm Grandparents Day Under the Sea</b> 9:30am Adult Coloring NEW 12pm Mexican Train/ Chicken Foot Dominoes 1:15-2:15pm Gentle Yoga	9 <b>Lunch Bunch—Babalu Tapas &amp; Tacos</b> 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 12pm <b>New Beacon Hospice-Watermelon Seed Spitting</b> 1-3pm Open Watercolor Paint	10 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing <b>10-3pm Watercolor Workshop</b> 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 2:15-3:15pm Gentle Yoga	11 9:30am Movin & Groovin <b>9:15am Biscuits and tea with Jim N Nick's</b> <b>10-11am Timeless Truths</b> <b>12pm Friday Fun!</b>
14 10am Timeless Treasures Singing 11:45am Health Minute 12-3 <b>Paper Crafting Class</b> 1-2pm Head to Toe	15 9:30am Adult Coloring <b>9:30am Gardening with Betty</b> NEW 12pm Mexican Train/ Chicken Foot Dominoes 1pm Tin Cans and Flowers 1:15-2:15pm Gentle Yoga	16 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program <b>10-3pm Watercolor Workshop</b>	17 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Painting 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 2:15-3:15pm Gentle Yoga	18 9:30am Movin & Groovin <b>10-11am Timeless Truths</b>
21 10am Timeless Treasures Singing 12pm <b>M4A Legal Support</b> 1-2pm Head to Toe 2-3:30pm <b>Fun with Pinterest</b>	22 <b>9am Mini Rook Tournament</b> 9:15am <b>Movie Madness</b> 9:30am Adult Coloring NEW 12pm Mexican Train/ Chicken Foot Dominoes 1:15-2:15pm Gentle Yoga	23 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 1-3pm Open Watercolor Paint	24 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Painting 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 2:15-3:15pm Gentle Yoga	25 <b>Hyundai Tour and Lunch</b> 9:30am Movin & Groovin <b>10-11am Timeless Truths</b>
28 <b>9:30am Book Club</b> 10am Timeless Treasures Singing 12pm <b>Penny Auction with Kindred At Home</b> 1-2pm Head to Toe <b>6-7:30pm Evening Class</b>	29 9:30am Adult Coloring <b>12pm Bingo with BenchMark Physical Therapy</b> NEW 12pm Mexican Train/ Chicken Foot Dominoes 1:15-2:15pm Gentle Yoga	30 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 1-3pm Open Watercolor Paint	31 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Painting 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 2:15-3:15pm Gentle Yoga	

Monday	Tuesday	Wednesday	Thursday	Friday
*You must sign up in advance for anything marked with an asterisk*	<b>1</b> 1:00 Tin Can Flowers (New Beacon)	<b>2</b> Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>3</b> 9:00 Yoga 1:00 Mexican Train Dominoes	<b>4</b> 10:00 BINGO with Shelby Ridge Rehab Select
<b>7</b> 1:00 Tai Chi	<b>8</b> 10:00 BINGO (Thank you, Southern Care)	<b>9</b> Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>10</b> 9:00 Yoga 1:00 Mexican Train Dominoes 4:00-8:00 Games and Pot Luck Dinner	<b>11</b> *Lunch Bunch: Lloyd's Restaurant
<b>14</b> 9:00 Rook tournament 1:00 Tai Chi	<b>15</b> 10:00 Columbiana Rocks, Rock painting class	<b>16</b> Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>17</b> 9:00 Yoga 1:00 Mexican Train Dominoes	<b>18</b> *Trip: Hidden Meadow Vineyard and lunch at Cracker Barrel
<b>21</b> 12:00 Watch the solar eclipse! (Glasses provided) 1:00 Tai Chi	<b>22</b> 1:00 Movie: Hidden Figures (sponsored by Columbiana Library)	<b>23</b> Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>24</b> 9:00 Yoga 1:00 Mexican Train Dominoes	<b>25</b> *Trip: Desoto Caverns
<b>28</b> 1:00 Tai Chi	<b>29</b> 10:00 Ping Pong and Cornhole (Inside)	<b>30</b> Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance		<b>LUNCH SERVED DAILY AT 11:30</b>

## Columbiana Senior Center

110 Mildred Street 669-3969

# AUGUST

### *Trips and Special Events*

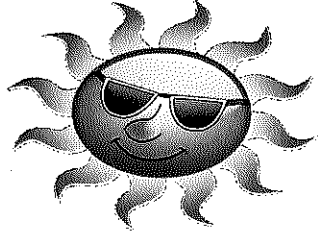
- 1<sup>st</sup> 1:00 Tin Can Flowers with New Beacon. We will be making flower arrangements for the nursing home.
- 4<sup>th</sup> 10:00 BINGO with Shelby Rehab Select
- 8<sup>th</sup> 10:00 BINGO with Southern Care
- 11<sup>th</sup> \*Lunch Bunch: Lloyds Restaurant (We will leave at 10:30, \$1 to reserve)
- 14<sup>th</sup> Rook Tournament
- 15<sup>th</sup> Rock Painting class (Columbiana ROCKS)
- 18<sup>th</sup> \*Trip: Hidden Meadow Vineyard and lunch at Cracker Barrel (\$1 to reserve plus lunch)
- 21<sup>st</sup> 12:00 Watch the solar eclipse. (Glasses provided)
- 22<sup>nd</sup> 1:00 Movie: Hidden Figures (sponsored by Columbiana Public Library)
- 25<sup>th</sup> \*Trip: Desoto Caverns (We will leave at 9:30, \$16 for caverns. Picnic Lunch)
- 29<sup>th</sup> 10:00 Ping Pong and Cornhole

\*Please sign up for anything marked with an asterisk\*

# AUGUST, 2017

## Heardmont Park Senior Center

5452 Cahaba Valley Road Birmingham, AL 35242

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	<b>2</b> 8:30-Pickleball beginners 9-12 Bridge 12 LUNCH	<b>3</b> 10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH <b>SUNDAE THURSDAY</b>	<b>4</b> 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing
<b>7</b> 8:30-Pickleball beginners 9:30-10:30 Tai Chi	<b>8</b> 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	<b>9</b> 8:30-Pickleball beginners 9-12 Bridge 12 LUNCH	<b>10</b> 10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH	<b>11</b> 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing <b>COLLECT SCHOOL SUPPLIES AND PBJ TO BENEFIT OAK MOUNTAIN MISSION</b>
<b>14</b> 8:30-Pickleball beginners 9:30-10:30 Tai Chi 9:30- 12 Mah Jongg 10:30-2:30 – Canasta	<b>15</b> 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH <b>BISCUIT BASH</b>	<b>16</b> 8:30-Pickleball beginners 9-12 Bridge	<b>17</b> 10:00-11:00 Aerobics 11:00 Becky-Harrison Regional Library 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH <b>ART DISPLAY AND LUNCH MAIN ST. TAVERN</b>	<b>18</b> 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing
<b>21</b> 8:30-Pickleball beginners 9:30-10:30 Tai Chi 9:30- 12 Mah Jongg 10:30-2:30 – Canasta	<b>22</b> 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	<b>23</b> 8:30-Pickleball beginners 9-12 Bridge	<b>24</b> 10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH	<b>25</b> 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing <b>HEARDMONT DANCE 6:30-9:00</b>
<b>28</b> 8:30-Pickleball beginners 9:30-10:30 Tai Chi 9:30- 12 Mah Jongg 10:30-2:30 – Canasta	<b>29</b> 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	<b>30</b> 8:30-Pickleball beginners 9-12 Bridge	<b>31</b> 10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH <b>FOOTBALL KICKOFF WEAR YOUR TEAM COLORS</b>	Center hours are: <i>Monday-Friday 9-3 pm</i> <i>Phone : 991-5742</i> <i>Fax: 991-5657</i> <i>Email: heardmontparksc@gmail.com</i>

# August 2017

## PELHAM SENIOR CENTER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Art 10:30 Adv. Line Dance 1 Beg Line Dance 2 Rummikub 1 Red Hats	2 Reveille 10 Bridge 10 WII Bowling 11 Exercise 11:30 Rummikub 1 Promenaders	3 Glenn Wills "More Forgotten Ala- bama" 10:30 Bingo 1	4 Tai Chi 10:30 Exercise 11:30 Games 1	5
6	7 Bridge 10 Craft Arts 10:30 Exercise 12:15 Mah Jongg 12	8 Art 10:30 Adv. Line Dance 1 Beg Line Dance 2 Rummikub 1 Bingo @ Grand River	9 Reveille 10 Bridge 10 WII Bowling 11 Exercise 11:30 Rummikub 1	10 James and James 10:30 Bingo 1	11 Tai Chi 10:30 Exercise 11:30 Games 1	12
13	14 Bridge 10 Craft Arts 10:30 Exercise 12:15 Mah Jongg 12	15 Art 10:30 Adv. Line Dance 1 Beg Line Dance 2 Rummikub 1	16 Reveille 10 Bridge 10 WII Bowling 11 Exercise 11:30 Rummikub 1 Promenaders	17 Mystery Lunch Bingo 1	18 Tai Chi 10:30 Exercise 11:30 Games 1	19
20	21 Bridge 10 Craft Arts 10:30 Exercise 12:15 Mah Jongg 12	22 Art 10:30 Adv. Line Dance 1 Beg Line Dance 2 Rummikub 1	23Reveille 10 Bridge 10 WII Bowling 11 Exercise 11:30 Rummikub 1	24 Alabama Passport Bingo 1	25Tai Chi 10:30 Exercise 11:30 Games 1	26
27	28 Bridge 10 Craft Arts 10:30 Exercise 12:15 Mah Jongg 12	29 Art 10:30 Adv. Line Dance 1 Beg Line Dance 2 Rummikub 1	30 Reveille 10 Bridge 10 WII Bowling 11 Exercise 11:30 Rummikub 1	31 Bingo 10:30 Games 1		

**August 2017**  
**Vandiver-Sterrett Senior Center**  
 12205 Hwy 43, Vandiver, AL 34147

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Center Manager –</b> Edna Weldon	1. Excerise class 6pm	2. exercise class 6pm	3. exercise class 6pm  Quilting class 11am	4. exercise class 6pm  lunch 12pm
7.. exercise class 6pm	8. exercise class 6pm	9. exercise class 6pm	10. exercise class 6pm  quilting class 11am	11. exercise class 6pm  lunch 12pm
14. exercise class 6pm	15. exercise class 6pm	16. exercise class 6pm	17. exercise class 6pm  quilting class 11am	18. exercise class 6pm  lunch 12pm
21. exercise class 6pm	22. exercise class 6pm	23. exercise class 6pm	24.. exercise class 6pm  quilting class 11am	25. exercise class 6pm  lunch 12pm
28. exercise class 6pm	29. excerise class 6pm	30. excerise class 6pm	31. Excerise class 6pm	Excerise class M-F 6pm Quilting class Thursday 11am Friday Lunch 12pm

## ***AUGUST, 2017***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>2</b> Bingo, and make a plan for more painting of Rocks of Westover</p>		
		<p><b>9</b> Craft Day. And lunch will be pizza.</p>		
		<p><b>16</b> <b>Uno and Bingo, talk about new Alabama Author.</b></p>		
		<p><b>23</b> <b>Design Flyers for Oct. 2017 Music In The Park. Sack Lunch .</b></p>		
		<p>30 Chose of game to play. wii bowling, bingo, or uno. Prizes are giv en out for Bingo.</p>		<p><b>Center hours are:</b> 10:00am –1:00pm <b>Phone: 205-665-3997</b> <b>Email:</b> <a href="mailto:atyler@westoveralabama.org">atyler@westoveralabama.org</a></p>