

April 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>2</p> <p>10am Timeless Treasures Singing 12pm Tin Can Flowers Southeast Hospice Network 1-2pm Tai Chi Joint and Balance</p>	<p>3</p> <p>10am Blood Pressure Checks with Southern Care Hospice 10am Fleecing the Flock— Blankets 12pm Mexican Train/Chicken Foot Dominoes 1:15-2:15pm Gentle Yoga</p>	<p>4</p> <p>Lunch Bunch Revolve Kitchen & Brew 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 1-3pm Watercolor Paint</p>	<p>5</p> <p>9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor Painting 12-3pm Bridge 12:30-2pm Ageless Adventures in Movement 1-3pm Watercolor Painting 2:15-3:15pm Gentle Yoga</p>	<p>6</p> <p>9:30am Movin & Groovin 10am Timeless Truths</p>
<p>9</p> <p>Spring Pilgrimage—Columbus MS 10am Timeless Treasures Singing 12:30-3pm Paper Crafting Class 1-2pm Tai Chi Joint and Balance</p>	<p>10</p> <p>Thrift Store Outing 12pm Mexican Train/Chicken Foot Dominoes 1:15-2:15pm Gentle Yoga</p>	<p>11</p> <p>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>12</p> <p>Gardening Outing 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor Painting 12-3pm Bridge 12:30-2pm Ageless Adventures in Movement 1-3pm Watercolor Painting 2:15-3:15pm Gentle Yoga</p>	<p>13</p> <p>9:15am Biscuits and tea with Jim N Nick's 9:30am Movin & Groovin 10am Timeless Truths 12pm RSVP Volunteer Recognition</p>
<p>16</p> <p>10am Timeless Treasures Singing 9-11am Creative Craft 1-2pm Tai Chi Joint and Balance</p>	<p>17</p> <p>12pm Mexican Train/Chicken Foot Dominoes 1:15-2:15pm Gentle Yoga</p>	<p>18</p> <p>9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 12pm Entertainment with Barbara Armstrong 1-3pm Watercolor Paint</p>	<p>19</p> <p>Shelby County Day Program 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor Painting 12-3pm Bridge 12:30-2pm Ageless Adventures in Movement 1-3pm Watercolor Painting 2:15-3:15pm Gentle Yoga</p>	<p>20</p> <p>Alabama Symphony & Lunch 9:30am Movin & Groovin 10am Timeless Truths</p>
<p>23</p> <p>9:30am Book Club 10am Timeless Treasures Singing 11-1pm Doodle, Letter, Journal 12pm Penny Auction with Kindred at Home 1-2pm Tai Chi Joint and Balance</p>	<p>24</p> <p>9:30-11am Technology Class with Patrick 12pm Mexican Train/Chicken Foot Dominoes 12pm Southeast Hospice Network 1:15-2:15pm Gentle Yoga</p>	<p>25</p> <p>9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 12pm Bingo with Shelby Rehab Select 1-3pm Watercolor Paint</p>	<p>26</p> <p>Shelby County Senior Picnic Senior Center Closed—we will be at the picnic!</p>	<p>27</p> <p>9:30am Movin & Groovin 10am Timeless Truths 12pm Baptist Health System</p>
<p>30</p> <p>10am Timeless Treasures Singing 1-2pm Tai Chi Joint and Balance 2-3:30pm Healthy New U</p>				<p>Lunch is served everyday at 11:30am <i>Calendars are subject to change</i></p>

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 – 4:00 Sewing and Quilting 1:00 Tai Chi	3 11:30 April Birthday Celebration 1:00 Mahjong	4 9:00 Coffee with the Mayor & Allison Boyd, Candidate for Shelby County Probate Judge Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Dance	5 9:00 Yoga 1:00 Mexican Train Dominoes	6 *Overnight Trip: Friday to Saturday Eufaula Pilgrimage
9 8:00 – 4:00 Sewing and Quilting 1:00 Tai Chi	10 10:00 BINGO (Southern Care) 1:00 Mahjong	11 Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	12 9:00 Yoga 1:00 Mexican Train Dominoes 4:00-8:00 Pot Luck Supper	13 9:30 Coffee Talk with Shelby County Schools Superintendent Candidate, Dr. Lewis Brooks
16 8:00 – 4:00 Sewing and Quilting 1:00 Tai Chi	17 1:00 Mahjong 2:00 Main Street Columbiana Meeting	18 Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	19 8:00 to 11:00 Greater Shelby County Chamber Board Meeting in Community Room 1:00 Mexican Train Dominoes	20 *Trip: Coffee Concert, Alabama Symphony
23 8:00 – 4:00 Sewing and Quilting *11:30 Beans and Greens Lunch 1:00 Tai Chi	24 10:00 BINGO (Shelby Ridge) 1:00 Mahjong	25 Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	26 *Shelby County Senior Picnic	27 *Trip: Picnic at Limestone Park and then K & J's Elegant Pastries
30 8:00 – 4:00 Sewing and Quilting 1:00 Tai Chi		LUNCH SERVED DAILY AT 11:30		 *You must sign up in advance for anything marked with an asterisk*

Columbiana Senior Center

110 Mildred Street 669-3969





April

Trips and Special Events

- 3rd 11:30 April Birthday Celebration**
4th 9:00 Coffee with Mayor. Special Guest Allison Boyd, Shelby County Probate Judge Candidate.
6th *Eufaula Pilgrimage Trip. Leaving at 6:00am
10th 10:00 BINGO (Southern Care)
12th 4:00 – 8:00 Pot Luck Supper
13th 9:30 Coffee Talk with Shelby County Schools Superintendent Candidate, Dr. Lewis Brooks
19th 8:00 – 11:00 Greater Shelby Chamber meeting (Community Room Closed)
20th *Trip: Alabama Symphony Coffee Concert (\$1)
23rd *11:30 Beans and Greens Lunch (\$3)
24th 10:00 BINGO (Shelby Ridge)
26th *Shelby County Senior Picnic (free)
27th *Trip: Picnic at Limestone Park & K&J's Elegant Pastries (\$3, lunch included)

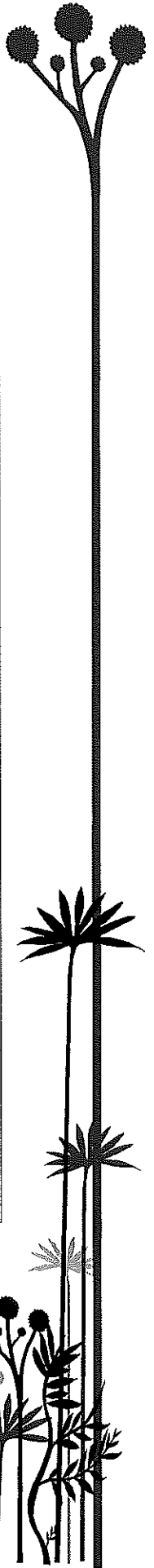
You must sign up for anything marked with an asterisk

APRIL 2018
 Heardmont Senior Center
 5452 Cahaba Valley Road Birmingham, AL 35242

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30-10:30 Tai Chi 9:30- 12 Mah Jong 12 LUNCH	3 10:00-10:45 Aerobics 10:45-11:30 Aerobics 10-2 Bingo & Board Games 12- LUNCH 12:15 Allison Boyd PROBATE JUDGE	4 9-12 Bridge 12 LUNCH	5 10:00-10:45 Aerobics 10:45-11:30 Aerobics 10-2 Bingo & Board Games 12- LUNCH	6 9-10 Zumba Gold 10:15-10:45 yoga/stretch \$2.00 12 LUNCH
9 9:30-10:30 Tai Chi 9:30- 12 Mah Jong 10:30-2:30 – Canasta 12 LUNCH	10 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	11 9-12 Bridge 12 LUNCH	12 10:00-10:45 Aerobics 10:45-11:30 Aerobics 10-2 Bingo & Board Games 12- LUNCH Paige from New Beacon PENNY AUCTION	13 9-10 Zumba Gold 10:15-10:45 yoga/stretch\$2.00 12 LUNCH
16 9:30-10:30 Tai Chi 9:30- 12 Mah Jong 10:30-2:30 – Canasta 12 LUNCH	17 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	18 9-12 Bridge 12 LUNCH	19 10:00-10:45 Aerobics 10:45-11:30 11:00 Amanda-Harrison Regional Library 10-2 Bingo & Board Games 12- LUNCH	20 9-10 Zumba Gold 10:15-10:45yoga/stretch\$2.00 12 LUNCH COFFEE CONCERT depart 9:30
23 9:30-10:30 Tai Chi 9:30- 12 Mah Jong 10:30-2:30 – Canasta <u>NO LUNCH TODAY</u>	24 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	25 9-12 Bridge 12 LUNCH	26 <u>SENIOR PICNIC Columbiana)</u> <u>CENTER CLOSED</u>  Depart 8:30	27 9-10 Zumba Gold 10:15-10:45 yoga/stretch\$2.00 12 LUNCH HEARDMONT DANCE 6:30-9:00
30 9:30-1030 Tai Chi 9:30-12 Mah Jong 10:30-2:30-Canasta BIRMINGHAM BARONS GAME 			**The Senior Center Observes Shelby County Schools closings for Inclimate weather. <u>If the schools are closed</u> <u>We are closed**</u>	Center hours are: Monday-Friday 9-3pm Phone:991-5742  Find us on Facebook

April

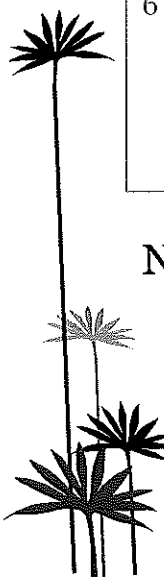
2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Computer class	5 Exercise class	6	7
8	9	10	11 Computer class	12 Exercise class	13	14
15	16	17	18 Computer class	19 Exercise class	20	21
22	23 Closed Arbor Day	24	25 Computer class	26 Senior Picnic 8am -1pm	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

Notes:

MONTEVALLO SENIOR CENTER
434 Vine Street, Montevallo, AL 35115
Rose DeVinner, Center Manager
Center hours: 9:00 a.m. – 1:00 p.m.
Phone: (205) 665-9206





Pelham Senior Center April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5
Bridge 10AM Craft Arts 10:30AM Exercise 12:15PM Mah Jongg 12PM	Art 10:30 AM Adv Line Dance 1PM Beg Line Dance 2PM Rummikub 1 PM Red Hats 10 AM	Bridge 10 AM Reveille 10 AM Wii Bowling 11 AM Exercise 11:30PM Pelham Promenaders	Guest: Edwina Chappel, Singer Bingo 1 PM Games 1 PM	Tai Chi 10:30AM Exercise 11:30PM Games 1 PM
	9	10	11	12
Bridge 10AM Craft Arts 10:30AM Exercise 12:15PM Mah Jongg 12PM The Drum Set 1:30 PM	Art 10:30 AM Adv Line Dance 1PM Beg Line Dance 2PM Rummikub 1 PM Bingo at Grand River	Bridge 10 AM Reveille 10 AM Wii Bowling 11 AM Exercise 11:30PM	Game Day 10:30 AM Bingo 1 PM Dance 7-9 PM	Tai Chi 10:30AM Exercise 11:30PM Games 1 PM
	16	17	18	19
Bridge 10AM Craft Arts 10:30AM Exercise 12:15PM Mah Jongg 12PM	Art 10:30 AM Adv Line Dance 1PM Beg Line Dance 2PM Rummikub 1 PM	Bridge 10 AM Reveille 10 AM Wii Bowling 11 AM Exercise 11:30PM Pelham Promenaders	Mystery Lunch Bus Bingo 1 PM Games 1 PM	Tai Chi 10:30AM Exercise 11:30PM Games 1 PM Coffee Concert 10 AM
	23	24	25	26
Bridge 10AM Craft Arts 10:30AM Exercise 12:15PM Mah Jongg 12PM	Art 10:30 AM Adv Line Dance 1PM Beg Line Dance 2PM Rummikub 1 PM	Bridge 10 AM Reveille 10 AM Wii Bowling 11 AM Exercise 11:30PM	Shelby County Senior Picnic & Musical Extravaganza	Tai Chi 10:30AM Exercise 11:30PM Games 1 PM
	30			
Bridge 10AM Craft Arts 10:30AM Exercise 12:15PM Mah Jongg 12PM				

April 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Reminiscing about weekend	3	4 . Devotions & Educational Material – 10:45 am	5 Exercise - 10:00 a.m.	6 Thrift Store Lunch 9:30 a.m.
9 Reminiscing about weekend	10 BINGO (Leeds) – 9:00 a.m.	11 Devotions & Educational Material – 10:45 am	12 Exercise – 10:00 a.m.	13
16 Reminiscing about weekend	17 DOMINOES) – 9:30 a.m.	18 Devotions & Educational Material – 10:45 am	19 Exercise – 10:00 a.m.	20 Shopping Trip Lunch 9:30am
23 Reminiscing about weekend	24 Arts & Crafts- 10:00am	25 BINGO w/ Prizes – 10:45 am	26 Shelby County Picnic 8:00 – 1:00	27
30 Reminiscing about weekend				<p>Center hours: Mon - Fri 8:00am -1:00pm Phone: (205) 672-7697 Email: vincentcenter1@gmail.com Ctr. Mgr.: Monica Datcher</p>

April, 2018

		Wednesday		
		4 Games Lunch		
		11 Library project.- Sr.'s will volunteer to help with new books. Lunch will be served		
		18 Bingo Choose a new book to read. Sack Lunch		
		25 Games, Guest speaker. Lunch		
				Center: Westover City Hall Hours: Wednesday 10:00am until 1:00 pm 3312 Westover Road Westover, AL Phone: 205 678-7335 Ext 703