

June 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><i>Lunch is served everyday at 11:30am</i> <i>Calendars are subject to change</i></p>				<p><i>1</i> 9:30am Movin & Groovin 12pm Friday Fun with Rosia NO Timeless Truths</p>
<p><i>4</i> Senior Center Closed</p>	<p><i>5</i> 10am Blood Pressure Checks with Southern Care Hospice 12:30pm Bingo with Annetta 1:15-2:15pm Gentle Yoga</p>	<p><i>6</i> 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 12pm Ice Cream with Amedisys Hospice 1-3pm Open Watercolor Paint</p>	<p><i>7</i> 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Painting 12-3pm Bridge 2:15-3:15pm Gentle Yoga</p>	<p><i>8</i> 9:15am Biscuits and tea with Jim N Nick's NO Movin & Groovin 10am Timeless Truths <i>Sunday 10th—Operetta Outing</i></p>
<p><i>11</i> Peach Park Lunch and Ice Cream 10-11am Creative Craft— Part 1 10am Timeless Treasures Singing 12:30-3pm Paper Crafting Class 1-2pm Tai Chi Joint and Balance</p>	<p><i>12</i> 9-11am Creative Craft— Part 2 9:30am Fleecing the Flock—Blankets 12pm Electronic Caregiver Speaker 1:15-2:15pm Gentle Yoga</p>	<p><i>13</i> Lunch Bunch—Bright Star 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 1-3pm Open Watercolor Paint</p>	<p><i>14</i> 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Painting 12-3pm Bridge 2:15-3:15pm Gentle Yoga</p>	<p><i>15</i> Elder Abuse Awareness Luncheon 9:30am Movin & Groovin 10am Timeless Truths</p>
<p><i>18</i> 10am Timeless Treasures Singing 12pm Game Day with Comfort Care Hospice 1-2pm Tai Chi Joint and Balance</p>	<p><i>19</i> Gardening Outing 1:15-2:15pm Gentle Yoga</p>	<p><i>20</i> Bingo and Lunch at Irondale Senior Center 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 11:45am Annette's Health Minute Make A Healthy Snack 1-3pm Open Watercolor Paint</p>	<p><i>21</i> 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Painting 12-3pm Bridge 2:15-3:15pm Gentle Yoga</p>	<p><i>22</i> 9:30am Movin & Groovin 10am Timeless Truths 12-1:30pm Technology Class</p>
<p><i>25</i> 9:30am Book Club 10am Timeless Treasures Singing 11-1pm Doodle, Letter, Journal 1-2pm Tai Chi Joint and Balance</p>	<p><i>26</i> Bingo Outing at Kingwood 1:15-2:15pm Gentle Yoga</p>	<p><i>27</i> 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 12pm Senior Spot Light LIVE 1-3pm Open Watercolor Paint</p>	<p><i>28</i> 9am Rook Tournament 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing NO Open Watercolor Painting 12-3pm Bridge 2:15-3:15pm Gentle Yoga</p>	<p><i>29</i> Hyundai Plant Tour 9:30am Movin & Groovin 10am Timeless Truths</p>

JUNE 2018

Chelsea Community Center

11101 Hwy 47, Chelsea Al. 35043•205) 677-2052

Monday-Friday, 8 am -8 pm, Sunday 1 pm – 5 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
<p><i>Jeff Jones, Community Center Director</i></p> <p><i>Jane Ann Mueller, Community Center Program Director</i></p>				<p>8:15-1:00 pm Pickleball</p> <p>9:00-10:00 am Senior Exercise Class</p>	<p>9:00 am- 12:00 pm Pickleball</p>
<p>8:15 am- 1:00 pm Pickleball</p> <p>9:00 am-10:00 am Senior Exercise Class</p> <p>6:00 p.m. – 8:00 p.m. Yoga/Bible Study</p>		<p>8:30 am- 12:00 pm Pickleball</p> <p>12:30- 1:30 pm Walk with Ease</p> <p>1:30- 2:15 Arthritis Exercise Class</p>	<p>9:00 am- 3:00 pm Senior Day (Games/Potluck Lunch)</p> <p>6:00-8:00pm Pickleball</p>	<p>8:15-1:00 pm Pickleball</p> <p>9:00-10:00 am Senior Exercise Class</p>	<p>9:00 am- 12:00 pm Pickleball</p>
<p>8:15 am- 1:00 pm Pickleball</p> <p>9:00 am-10:00 am Senior Exercise Class</p> <p>6:00 p.m. – 8:00 p.m. Yoga/Bible Study</p>		<p>8:30 am- 12:00 pm Pickleball</p> <p>12:30- 1:30 pm Walk with Ease</p> <p>1:30- 2:15 Arthritis Exercise Class</p>	<p>9:00 am- 3:00 pm Senior Day (Games/Potluck Lunch)</p> <p>6:00-8:00pm Pickleball</p>	<p>8:15-1:00 pm Pickleball</p> <p>9:00-10:00 am Senior Exercise Class</p>	<p>9:00 am- 12:00 pm Pickleball</p>
<p>8:15 am- 1:00 pm Pickleball</p> <p>9:00 am-10:00 am Senior Exercise Class</p> <p>6:00 p.m. – 8:00 p.m. Yoga/Bible Study</p>		<p>8:30 am- 12:00 pm Pickleball</p> <p>12:30- 1:30 pm Walk with Ease</p> <p>1:30- 2:15 Arthritis Exercise Class</p>	<p>9:00 am- 3:00 pm Senior Day (Games/Potluck Lunch)</p> <p>6:00-8:00pm Pickleball</p>	<p>8:15-1:00 pm Pickleball</p> <p>9:00-10:00 am Senior Exercise Class</p>	<p>9:00 am- 12:00 pm Pickleball</p>
<p>8:15 am- 1:00 pm Pickleball</p> <p>9:00 am-10:00 am Senior Exercise Class</p> <p>6:00 p.m. – 8:00 p.m. Yoga/Bible Study</p>		<p>8:30 am- 12:00 pm Pickleball</p> <p>12:30- 1:30 pm Walk with Ease</p> <p>1:30- 2:15 Arthritis Exercise Class</p>	<p>9:00 am- 3:00 pm Senior Day (Games/Potluck Lunch)</p> <p>6:00-8:00pm Pickleball</p>	<p>8:15-1:00 pm Pickleball</p> <p>9:00-10:00 am Senior Exercise Class</p>	<p>9:00 am- 12:00 pm Pickleball</p>

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH SERVED DAILY AT 11:30		* YOU MUST SIGN UP IN ADVANCE FOR ANYTHING MARKED WITH AN ASTERISK*		1 *Trip: Birmingham Barons Game (Leave at 5:30 pm) 1:00 Fresh Friday
4 8:00 – 4:00 Sewing and Quilting *Lunch: Great American Hotdog \$7 (No lunch from M4A) 1:00 Tai Chi	5 8:00 – 11:00 Shelby County License Office Car Tag Renewal 11:30 June Birthday Celebration 1:00 Mahjong	6 Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	7 9:00 Yoga 1:00 Mexican Train Dominoes	8 10:00 Games We Never Play, BUT SHOULD 1:00 Fresh Friday
11 8:00 – 4:00 Sewing and Quilting 1:00 Tai Chi	12 10:00 BINGO (Southern Care) 10:30 Father's Day Celebration 1:00 Mahjong	13 Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	14 9:00 Yoga 1:00 Mexican Train Dominoes 4:00-8:00 Pot Luck Supper	15 *Trip: Bass Pro Shop and lunch at Irondale Café. 1:00 Fresh Friday
18 8:00 – 4:00 Sewing and Quilting 1:00 Tai Chi	19 1:00 Mahjong	20 Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	21 9:00 Yoga 1:00 Mexican Train Dominoes	22 1:00 Fresh Friday
25 8:00 – 4:00 Sewing and Quilting 1:00 Tai Chi	26 *8:15 Community BINGO (Shelby Ridge/Rehab Select) 1:00 Mahjong	27 Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	28 9:00 Yoga 1:00 Mexican Train Dominoes	29 *10:00 -12:00 Liberty Day BBQ NO FRESH FRIDAY

Columbiana Senior Center

110 Mildred Street 669-3969

JUNE

Trips and Special Events


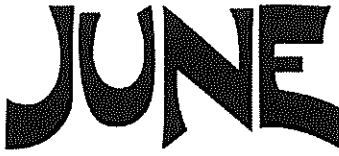



- 1st** *Trip: Birmingham Barons game \$14 (We will leave at 5:30 for the 7:00 game vs the Chattanooga Lookouts)
- 4th** *Lunch Great American Hotdog Company. \$7 (Two hotdogs, chips, dessert, drink) M4A will not provide lunch on this day.
- 5th** 8:00 to 11:00 Shelby County Car Tag Renewals at the Senlor Center. Open to senlors 55 and older.
- 8th** 10:00 Games we never play, BUT SHOULD (Ping Pong, Scrabble, Pictionary, Table Talk, Checkers)
- 12th** 10:00 BINGO (Southern Care)
10:30 Father's Day Celebration
- 15th** *Trip: Bass Pro Shop and lunch at Irondale Café. (\$1 plus lunch on your own)
- 26th** *Community BINGO. Shelby Ridge/Rehab Select. (Sign up by May 15th)
- 29th** *10:00 – 12:00 Liberty Day BBQ. This is a FREE event. Please sign up so we know how much food to prepare.

You must sign up for anything marked with an asterisk

JUNE, 2018

Heardmont Park Senior Center

5452 Cahaba Valley Road Birmingham, AL 35242

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Center hours are:</p> <p><i>Monday-Friday 9-3 pm</i> Phone : 991-5742</p>  Find us on Facebook		 <p>IT'S SUMMER!</p>		<p>1</p> <p>9-10 Zumba Gold</p> <p>12 LUNCH</p>
<p>4</p> <p>CENTER Closed</p>	<p>5</p> <p>10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH <u>Shelby Ridge bloodpressure blood sugar check(10sh)10:00</u></p>	<p>6</p> <p>9-12 Bridge 10 Summer movie series in the library 12 LUNCH</p>	<p>7</p> <p>10:00-10:45 Aerobics 10:45-11:30 Aerobics 10-2 Bingo & Board Games 12- LUNCH <u>Imax Movie at McWane</u> Lunch at Niki's West</p>	<p>8</p> <p>9-10 Zumba Gold</p> <p>12 LUNCH</p>
<p>11</p> <p>9:30-10:30 Tai Chi 9:30- 12 Mah Jong 10:30-2:30 – Canasta</p>	<p>12</p> <p>10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH</p>	<p>13</p> <p>9-12 Bridge 10 Summer movie series in the library. 12 LUNCH</p>	<p>14</p> <p>CENTER CLOSED FOR RENOVATION</p> 	<p>15</p> <p>CENTER CLOSED FOR RENOVATION</p> 
<p>18</p> <p>9:30-10:30 Tai Chi 9:30- 12 Mah Jong 10:30-2:30 – Canasta</p>	<p>19</p> <p>10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH</p>	<p>20</p> <p>9-12 Bridge 10 Summer movie series in the library 12 LUNCH</p>	<p>21</p> <p>10:00-10:45 Aerobics 10:45-11:30 Aerobics 10-2 Bingo & Board Games 12- LUNCH</p>	<p>22</p> <p>9-10 Zumba Gold</p>
<p>25</p> <p>9:30-10:30 Tai Chi 9:30- 12 Mah Jong 10:30-2:30 – Canasta</p>	<p>26</p> <p>10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH <u>Community Bingo</u> <u>Kingwood church depart 9:00</u></p>	<p>27</p> <p>9-12 Bridge 10 Summer movie series in the library 12 LUNCH</p>	<p>28</p> <p>10:00-10:45 Aerobics 10:45-11:30 Aerobics 10-2 Bingo & Board Games 12- LUNCH</p>	<p>29</p> <p>9-10 Zumba Gold</p>

JUNE, 2018

MONTEVALLO SENIOR CENTER

434 Vine Street, Montevallo, AL 35115

Rose DeVinner, Center Manager

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Center hours are: 9:00 a.m. – 2:00 p.m.</p> <p>Phone: (205) 665-9206</p>				1
<p>4</p> <p>Weekly Exercise Class 1:00p.m. – 2:00p.m.</p>	<p>5</p> <p>Election Day</p>	<p>6</p> <p>Compute Class 9:00a.m. – 10:00a.m. Yoga Class 1:00p.m. – 2:00p.m. Bridge</p>	<p>7</p>	<p>8</p>
<p>11</p> <p>Weekly Exercise Class 1:00p.m. – 2:00p.m.</p>	<p>12</p>	<p>13</p> <p>Computer Class 9:00 a.m.-10:00a.m. Yoga Class 1:00p.m. – 2:00p.m.</p>	<p>14</p>	<p>15</p> <p>BINGO GAMES 10:00a.m.</p>
<p>18</p> <p>Weekly Exercise Class 1:00p.m. – 2:00p.m.</p>	<p>19</p>	<p>20</p> <p>Computer Class 9:00 a.m.-10:00a.m. Yoga Class 1:00p.m. – 2:00p.m. Bridge</p>	<p>21</p> <p style="text-align: center;">Shopping Trip 10:00a.m.-11:00a.m.</p>	<p>22</p>
<p>25</p> <p>Weekly Exercise Class 1:00p.m. – 2:00p.m.</p>	<p>26</p> <p>Trip – 10:00 a.m. Community Bingo – Kingwood Church</p>	<p>27</p> <p>Computer Class 9:00 a.m.-10:00a.m. M4A Guest Speaker Nutrition Class 10:00a.m. Yoga Class 1:00p.m. – 2:00p.m.</p>	<p>28</p>	<p>29</p>

PEA RIDGE SENIOR CITIZENS CLUB

JUNE, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jim Seagle, Pres. 665-1469 JDS1940@aol.com				1
4	5	6	7	8
11	12 PRSCC meeting 10:00 am - 12:00 Chris Herron & members of his congregation	13	14	15
18	19	20	21	22
25	26 PRSCC meeting 10:00 – 12:00 Senior Adult Leadership Program	27	28	29

Pelham Senior Center

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tai Chi 10:30 Exercise 11:30 Games 1	2
3	4 Bridge 10 Craft Arts 10:30 Exercise 11:30 Mah Jongg 12	5 Art 10:30 Adv. Line Dance 1 Beg. Line Dance 2 Rummikub 1 Red Hats 10	6 Bridge 10 Reveille 10 WII Bowling 11 Exercise 11:30 Pelham Promenaders	7 Betty Thrasher, World Explorer Bingo 1 Games 1	8 Tai Chi 10:30 Exercise 11:30 Games 1	9
10	11 Bridge 10 Craft Arts 10:30 Exercise 11:30 Mah Jongg 12	12 Art 10:30 Adv. Line Dance 1 Beg. Line Dance 2 Rummikub 1 Bingo at Grand River	13 Bridge 10 Reveille 10 WII Bowling 11 Exercise 11:30	14 Games 10:30 Bingo 1 Games 1	15 Tai Chi 10:30 Exercise 11:30 Games 1	16
17	18 Bridge 10 Craft Arts 10:30 Exercise 11:30 Mah Jongg 12	19 Art 10:30 Adv. Line Dance 1 Beg. Line Dance 2 Rummikub 1	20 Bridge 10 Reveille 10 WII Bowling 11 Exercise 11:30 Pelham Promenaders	21 Mystery Lunch 10:30 Bingo 1 Games 1	22 Tai Chi 10:30 Exercise 11:30 Games 1	23
24	25 Bridge 10 Craft Arts 10:30 Exercise 11:30 Mah Jongg 12	26 Art 10:30 Adv. Line Dance 1 Beg. Line Dance 2 Rummikub 1	27 Bridge 10 Reveille 10 WII Bowling 11 Exercise 11:30	28 Al. Passport Bingo 1 Games 1	29 Tai Chi 10:30 Exercise 11:30 Games 1	30

JUNE 2018
VANDIVER-STERRETT SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOURS: M-F 6PM Thurs 11am—2pm Fri. 12pm –2pm	<i>Phone: (205)229-3389</i>			1 exercise class 6pm lunch 12pm
4 exercise class 6pm	5 exercise class 6pm	6 exercise class 6pm	7 exercise class 6pm quilting class 11am	8 exercise class 6pm lunch 12pm
11 exercise class 6pm	12 exercise class 6pm	13 exercise class 6pm	14 exercise class 6pm quilting class 11am	15 exercise class 6pm lunch 12pm
18 exercise class 6pm	19 exercise class 6pm	20 exercise class 6pm	21 exercise class 6pm quilting class 11am	22 exercise class 6pm lunch 12pm
25 exercise class 6pm	26 exercise class 6pm	27 exercise class 6pm	28 exercise class 6pm quilting class 11am	29 exercise class 6pm lunch 12pm

JUNE 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Center hours: Mon - Fri 8:00am -1:00pm Phone: (205) 672-7697 Email: vincentcenter1@gmail.com Ctr. Mgr.: Monica Datcher</i></p>			Exercise - 10:00 a.m.	<p>1 <i>Thrift Store Lunch – 9:30 a.m.</i></p>
<p>4 Reminiscing about weekend</p>	<p>5 Arts & Crafts- 10:30am</p>	<p>6 Devotions & Educational Material – 10:45 am</p>	<p>7 Exercise – 10:00 a.m.</p>	<p>8 Community Action – 9:00 a.m. – 12:00 noon</p>
<p>11 Reminiscing about weekend</p>	<p>12 BINGO (Leeds) – 8:20 a.m.</p>	<p>13 Devotions & Educational Material – 10:45 am</p>	<p>14 Exercise – 10:00 a.m.</p>	<p>15</p>
<p>18 Reminiscing about weekend</p>	<p>19 Arts & Crafts- 10:30am</p>	<p>20 Devotions & Educational Material – 10:45 am</p>	<p>21 Dominoes – 10:00 a.m. Don Glascox – 10:30 a.m.</p>	<p>22 Shopping Trip Lunch 9:45am</p>
<p>25 Reminiscing about weekend</p>	<p>26</p>	<p>27 BINGO w/ Prizes – 10:45 am</p>	<p>28 Exercise – 10:00 a.m.</p>	<p>29</p>

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Center hours are: 10:00-1:00pm Phone: 2056783375 Email: atylor@westoveralabama.org</p>				
		<p>6 Games Lunch</p>		
	<p>12 Game night Snacks provided.</p>	<p>13 Games Select a new book to read. Lunch</p>		
		<p>20 Favorite chicken dish. Group will judge. Write recipe on index card to exchange.</p>		
		<p>27 Games, Bring a dessert</p>		