


# June 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
<p><i>Lunch is served everyday at 11:30am Calendars are subject to change</i></p>			<p>1 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Paint 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 2:15-3:15pm Gentle Yoga</p>	<p>2 10am Tempo <b>3-5pm Summer Blast Dance</b></p>
<p>5 10am Timeless Treasures Singing <b>10-11:30am Creative Lettering I</b> <b>12-1:30pm Creative Letting II</b> 1-2pm Head to Toe</p>	<p>6 9:30am Adult Coloring <b>1pm Tin Cans and Flowers with New Beacon Hospice</b> 1:15-2:15pm Gentle Yoga</p>	<p>7 <b>NO Lunch Bunch</b> 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 1pm-2pm Zumba Gold 1-3pm Open Watercolor Paint</p>	<p>8 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Paint 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 2:15-3:15pm Gentle Yoga</p>	<p>9 <b>Helen Keller Overnight Trip</b> <b>9:15am Biscuits and tea with Jim N Nick's</b> 10am Tempo</p>
<p>12 <b>Baron's Baseball Game</b> 10am Timeless Treasures Singing <b>12-3 Paper Crafting Class</b> 1-2pm Head to Toe</p>	<p>13 <b>Staycation in Trussville</b> 9:30am Adult Coloring 1:15-2:15pm Gentle Yoga</p>	<p>14 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program <b>10:35am Screenings with Eric</b> <b>12pm New Beacon Hospice</b> 1pm-2pm Zumba Gold 1-3pm Open Watercolor Paint</p>	<p>15 <b>Gardening Outing</b> 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Paint 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 2:15-3:15pm Gentle Yoga</p>	<p>16 10am Tempo <b>12pm Bingo with Eric</b></p>
<p>19 10am Timeless Treasures Singing <b>11:45am Health Minute</b> <b>2-3:30pm Fun with Pinterest</b> 1-2pm Head to Toe</p>	<p>20 9:30am Adult Coloring <b>1pm Tin Cans and Flowers with New Beacon Hospice</b> 1:15-2:15pm Gentle Yoga</p>	<p>21 9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 1pm-2pm Zumba 1-3pm Open Watercolor Paint</p>	<p>22 <b>Durbin Farms Lunch/I/C Outing</b> 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Paint 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 2:15-3:15pm Gentle Yoga</p>	<p>23 10am Tempo <b>12pm Desserts with Mayor and City Council</b></p>
<p>26 <b>9:30am Book Club</b> 10am Timeless Treasures Singing <b>6-7:30pm Evening Class</b> 1-2pm Head to Toe</p>	<p>27 9:30am Adult Coloring <b>9:15am Movie Madness</b> <b>12pm Bingo with Benchmark Physical Therapy</b> 1:15-2:15pm Gentle Yoga</p>	<p>9am Rook 9am Crochet, Knitting and More 9:30am Rummikub 9:30am Arthritis Exercise Program 1pm-2pm Zumba 1-3pm Open Watercolor Paint</p>	<p>29 9:15am-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Open Watercolor Paint 12:30-3:30pm Bridge 12:30-2pm Ageless Adventures in Movement 2:15-3:15pm Gentle Yoga</p>	<p>30 <b>9:30-11am Americana Glass Block Craft</b> 10am Tempo</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Served Daily at 11:30</b>		*Please sign up for anything marked with an asterisk*	<b>1</b> 9:00 Yoga 1:00 Mexican Train Dominoes 4:00-8:00 Games and Pot Luck Dinner	<b>2</b> *Lunch Bunch: Bertolone's Italian Restaurant (Clanton)
<b>5</b>  1:00 Tai Chi	<b>6</b>  1:00 Yoga	<b>7</b> Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>8</b> <i>Senior Games in Columbiana</i> 9:00 Yoga 1:00 Mexican Train Dominoes	<b>9</b>  <i>Senior Games in Columbiana</i>
<b>12</b> 9:00 Rook tournament  1:00 Tai Chi	<b>13</b> *9:00 Trip to Pink House on Lay Lake. Hamburger and Hotdog lunch, fishing, games.	<b>14</b> Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>15</b> 9:00 Yoga 11:00 – 2:00 Shelby DHR hosts Elder Abuse Awareness Day 2:00 Mexican Train Dominoes	<b>16</b>  *Trip: Quilt Show at Oak Mtn Middle
<b>19</b>  1:00 Tai Chi	<b>20</b>  1:00 Yoga	<b>21</b> Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>22</b> 9:00 Yoga  1:00 Mexican Train Dominoes	<b>23</b>  <b>11:00 Liberty Day BBQ</b>  Saturday is Liberty Day and the HEART WALK
<b>26</b> *10:00 CPR/ First Aid/ AED Class  1:00 Tai Chi	<b>27</b>  1:00 Yoga	<b>28</b> Sewing and Quilting 8-4 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>29</b> 9:00 Yoga  1:00 Mexican Train Dominoes	<b>30</b>  10:00 BINGO

# Columbiana Senior Center

110 Mildred Street 669-3969

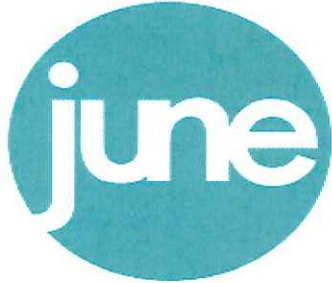

## JUNE

### Trips and Special Events

- 1<sup>st</sup> 4:00 to 8:00pm Games and Pot Luck dinner
- 2<sup>nd</sup> \*Lunch Bunch: Bertolone's Italian Restaurant (Clanton)
- 8<sup>th</sup> and 9<sup>th</sup> Senior Games (Cycling in Columbiana)
- 12<sup>th</sup> 9:00 Rook Tournament
- 13<sup>th</sup> \*9:00 Trip to Pink House on Lay Lake. Hamburger and Hotdog lunch, fishing, games (Rook, Dominoes). \$5.00 for lunch
- 15<sup>th</sup> 11:00 to 2:00 Shelby County DHR presents Elder Abuse Awareness Day
- 16<sup>th</sup> \*Trip: Quilt Show at Oak Mountain Middle School. Tickets \$7
- 23<sup>rd</sup> Senior Center Liberty Day BBQ
- 24<sup>th</sup> LIBERTY DAY and Heart Walk
- 26<sup>th</sup> \*10:00 CPR/ First Aid/ AED Class (Everyone welcome, Free to attend but \$10 for CPR Certification)

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

JUNE, 2017  
 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 Email: heardmontparksc@gmail.com			<b>1</b>  10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH	<b>2</b>  9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing
<b>5</b> 8:30-Pickleball beginners 9:30-10:30 Tai Chi 9:30- 12 Mah Jongg 10:30-2:30 – Canasta	<b>6</b> 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH <b>Lunch at Peach Park</b> <b>Leave at 10:00</b>	<b>7</b> 8:30-Pickleball beginners 9-12 Bridge 12 LUNCH	10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH <b>UNITED HEALTH CARE</b> <b>DISCUSS HEALTH TOPICS</b> <b>**Just Peachy Dessert**</b>	<b>9</b> 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing
<b>12</b> 8:30-Pickleball beginners 9:30-10:30 Tai Chi 9:30- 12 Mah Jongg 10:30-2:30 – Canasta	<b>13</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>14</b> 8:30-Pickleball beginners 9-12 Bridge	<b>15</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>16</b> 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing
<b>19</b> 8:30-Pickleball beginners 9:30-10:30 Tai Chi 9:30- 12 Mah Jongg 10:30-2:30 – Canasta	<b>20</b> 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	<b>21</b> 8:30-Pickleball beginners 9-12 Bridge	<b>22</b> 10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH <b>PENNY AUCTION</b>	<b>23</b> 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing <b>HEARDMONT DANCE</b> <b>6:30-9:00</b>
<b>26</b> 8:30-Pickleball beginners 9:30-10:30 Tai Chi 9:30- 12 Mah Jongg 10:30-2:30 – Canasta	<b>27</b> 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	<b>28</b> 8:30-Pickleball beginners 9-12 Bridge 12 LUNCH	<b>29</b> 10:00-11:00 Aerobics 11:00-11:55 Aerobics 10-2 Bingo & Board Games 12- LUNCH <b>SUNDAE THURSDAY</b>	<b>30</b> 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing

# Pelham Senior Center 620-6064

## June 2017

Mon	Tue	Wed	Thu	Fri
			1 Wilson Hill Band 10:30 Bingo 1 Games 1	2 Tai Chi 10:30 Exercise 11:30 Games 1
5 Bridge 10 Craft Art 10:30 Exercise 12:15 Mah Jongg 12	6 Art 10:30 Adv. Line Dance 1 Beg. Line Dance 2 Rummikub 1 Red Hats	7 Reveille 10 Bridge 10 WII Bowling 11 Exercise 11:30 Rummikub 1 Pelham Promenaders 1:15	8 Shelby Strummers 10:30 Bingo 1 Games 1	9 Tai Chi 10:30 Exercise 11:30 Games 1
12 Bridge 10 Craft Art 10:30 Exercise 12:15 Mah Jongg 12	13 Art 10:30 Adv. Line Dance 1 Beg. Line Dance 2 Rummikub 1 Bingo @ Grand River	14 Reveille 10 Bridge 10 WII Bowling 11 Exercise 11:30 Rummikub 1	15 Mystery Lunch Bus Bingo 1 Games 1	16 Tai Chi 10:30 Exercise 11:30 Games 1 Dance 7
19 Bridge 10 Craft Art 10:30 Exercise 12:15 Mah Jongg 12 Drum Set 1:30	20 Art 10:30 Adv. Line Dance 1 Beg. Line Dance 2 Rummikub 1	21 Reveille 10 Bridge 10 WII Bowling 11 Exercise 11:30 Rummikub 1 Pelham Promenaders 1:15	22 Alabama Passport Bingo 1 Games 1	23 Tai Chi 10:30 Exercise 11:30 Games 1
26 Bridge 10 Craft Art 10:30 Exercise 12:15 Mah Jongg 12	27 Art 10:30 Adv. Line Dance 1 Beg. Line Dance 2 Rummikub 1	28 Reveille 10 Bridge 10 WII Bowling 11 Exercise 11:30 Rummikub 1	29 Bingo 10:30 Games 1	30 No Tai Chi Exercise 11:30 Games 1

**June, 2017**  
**VANDIVER-STERRETT SENIOR CENTER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hours: M-F 6pm</b> <b>Thurs. 11am-2pm</b> <b>Fri. 12pm-2pm</b>	<b>(205) 229-3389</b>		<b>1. exercise class</b> <b>6pm</b>  <b>quilting class 11am</b>	<b>2. exercise class</b> <b>6pm</b>  <b>lunch 12pm</b>
<b>5. exercise class</b> <b>6pm</b>	<b>6. exercise class</b> <b>6pm</b>	<b>7. exercise class</b> <b>6pm</b>	<b>8. exercise class</b> <b>6pm</b>  <b>quilting class 11am</b>	<b>9. exercise class</b> <b>6pm</b>  <b>lunch 12pm</b>
<b>12 exercise class</b> <b>6pm</b>	<b>13 exercise class</b> <b>6pm</b>	<b>14 exercise class</b> <b>6pm</b>	<b>15 exercise class</b> <b>6pm</b>  <b>quilting class 11am</b>	<b>16 exercise class</b> <b>6pm</b>  <b>lunch 12pm</b>
<b>19 exercise class</b> <b>6pm</b>	<b>20 exercise class</b> <b>6pm</b>	<b>21 exercise class</b> <b>6pm</b>	<b>22 exercise class</b> <b>6pm</b>  <b>quilting class 11am</b>	<b>23 exercise class</b> <b>6pm</b>  <b>lunch 12pm</b>
<b>26 exercise class</b> <b>6pm</b>	<b>27 exercise class</b> <b>6pm</b>	<b>28 exercise class</b> <b>6pm</b>	<b>29 exercise class</b> <b>6pm</b>  <b>quilting class 11am</b>	<b>30 exercise class</b> <b>6pm</b>  <b>lunch 12pm</b>

# JUNE, 2017

## Vincent Senior Center

19 John Sparkman Court • Vincent, AL 35178

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Center hours: Mon - Fri</b> 9a -12pm <b>Phone: (205) 672-7697</b> <b>Email:</b> <a href="mailto:vincentcenter1@gmail.com">vincentcenter1@gmail.com</a> <b>Ctr. Mgr.: Monica Datcher</b>			<b>1</b> Field Trip Outing  Community Action 9:00 a.m. – 12 noon	<b>2</b>  Community Action 9:00 a.m. – 12 noon
<b>5</b>  Reminiscing about weekend	<b>6</b>	<b>7</b>  Penny Auction 10:00 a.m.	<b>8</b>	<b>9</b>  Anniston Mall Lunch
<b>12</b>  Reminiscing about weekend	<b>13</b>  BINGO Leeds 9:00 a.m.	<b>14</b>  Exercise Classes 10:00	<b>15</b>  Arts & Crafts 10:00 a.m.	<b>16</b>  Galleria Sweet Tea 9:30 a.m.
<b>19</b>  Reminiscing about weekend	<b>20</b>  Community Puzzle 10:00 a.m.	<b>21</b>	<b>22</b>  BINGO w/ Prizes 10:00 a.m.	<b>23</b>  Movie Day 10:00 a.m.
<b>26</b>  Reminiscing about weekend	<b>27</b>	<b>28</b>	<b>29</b>  Community Action 9:00 a.m. – 12 noon	<b>30</b>  Community Action 9:00 a.m. – 12 noon

**JUNE, 2017**

**Westover Senior Center • 3312 Westover Rd, Westover, AL 35147**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
		<b>3</b> Wii Bowling, Bingo, UNO  Lunch		
		<b>10</b> Bingo, UNO  Lunch		
		<b>17</b> Bingo, UNO, and craft  Lunch		
		<b>24</b> Shelby County Senior Picnic		
		<b>31</b> Wii Bowling, Bingo, and UNO. Lunch		<b>Center hours are:</b> 10:00 —1:00 <b>Phone: 205-678-7335</b> ext 703 <b>Email:</b>  <b>Ctr. Mgr:Volunteer /</b> <b>Annette Tyler</b>