

# August 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                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <i>Lunch is served everyday at 11:30am<br/>Calendars are subject to change</i>                                                                   |                                                                                                                            | <i>1</i><br>9am Rook, Rummikub & More<br>9am Crochet, Knitting and More<br>9:30am Arthritis Exercise Program<br><b>12pm Jeopardy with Amedisys Hospice</b><br>1-2pm Arthritis & More        | <i>2</i><br>9:15am-10:05am Inter Line Dancing<br>10:10-11am Beginner Line Dancing<br>12-3pm Bridge<br>2:15-3:15pm Gentle Yoga                                                     | <i>3</i><br><b>NO Movin &amp; Groovin</b><br>10am Timeless Truths                                                                |
| <i>6</i><br>10am Timeless Treasures Singing<br>12pm Tin Can Flowers Southeast Hospice Network                                                    | <i>7</i><br>10am Blood Pressure Checks with Southern Care Hospice<br>12pm Bingo with New Beacon<br>1:15-2:15pm Gentle Yoga | <i>8</i><br>9am Rook, Rummikub & More<br>9am Crochet, Knitting and More<br>9:30am Arthritis Exercise Program<br>1-2pm Arthritis & More                                                      | <i>9</i><br><b>Lunch Bunch Stone Bridge Farms</b><br>9:15am-10:05am Inter Line Dancing<br>10:10-11am Beginner Line Dancing<br>12-3pm Bridge<br>2:15-3:15pm Gentle Yoga            | <i>10</i><br>9:15am Biscuits and tea with Jim N Nick's<br>9:30am Movin & Groovin<br>10am Timeless Truths<br>12pm Alacare Hospice |
| <i>13</i><br>10am Timeless Treasures Singing<br>12pm Encompass Health Rehab<br>12:30-3pm Paper Crafting Class                                    | <i>14</i><br>Steel Apple Orchard and Lunch<br>9:30am Fleecing the Flock—Blankets<br>1:15-2:15pm Gentle Yoga                | <i>15</i><br>9am Rook, Rummikub & More<br>9am Crochet, Knitting and More<br>9:30am Arthritis Exercise Program<br>1-2pm Arthritis & More                                                     | <i>16</i><br>9:15am-10:05am Inter Line Dancing<br>9:30-11:30am Painting Christmas Cards with Ruth<br>10:10-11am Beginner Line Dancing<br>12-3pm Bridge<br>2:15-3:15pm Gentle Yoga | <i>17</i><br>9:30am Movin & Groovin<br><b>NO Timeless Truths</b><br>12pm Fun Friday with Jim                                     |
| <i>20</i><br>10am Timeless Treasures Singing<br>12pm Southern Heritage— Your Life Your Legacy                                                    | <i>21</i><br>9:30am Gardening<br>12:30-2:30pm Technology Class<br>1:15-2:15pm Gentle Yoga                                  | <i>22</i><br>9am Rook, Rummikub & More<br>9am Crochet, Knitting and More<br>9:30am Arthritis Exercise Program<br>11:45am Annette's Health Minute<br>1-2pm Arthritis & More<br>Masters Games | <i>23</i><br>9:15am-10:05am Inter Line Dancing<br>10:10-11am Beginner Line Dancing<br>12-3pm Bridge<br>2:15-3:15pm Gentle Yoga                                                    | <i>24</i><br><b>Durbin Farms Lunch and Ice Cream</b><br>9:30am Movin & Groovin<br>10am Timeless Truths                           |
| <i>27</i><br>9:30am Book Club<br>10am Timeless Treasures Singing<br>11am-1pm Doodle, Letter & Journal<br>12pm Penny Auction with Kindred at Home | <i>28</i><br>10-11am Painting American Flags<br>12pm Bingo with Southeast Hospice Network<br>1:15-2:15pm Gentle Yoga       | <i>29</i><br>9am Rook, Rummikub & More<br>9am Crochet, Knitting and More<br>9:30am Arthritis Exercise Program<br>12pm Senior Spot LIVE<br>1-2pm Arthritis & More                            | <i>30</i><br>9:15am-10:05am Inter Line Dancing<br>9:30-11:30pm Painting Christmas CD with Judy<br>10:10-11am Beginner Line Dancing<br>12-3pm Bridge<br>2:15-3:15pm Gentle Yoga    | <i>31</i><br>9:30am Movin & Groovin<br>10am Timeless Truths                                                                      |

## Columbiana Senior Center

110 Mildred Street  
205-669-3969

### August

#### Trips and Special Events:

- 1<sup>st</sup> 8:30 Breakfast with the Mayor
- 3<sup>rd</sup> BINGO (Southern Care/ New Beacon)
- 6<sup>th</sup> Shelby County Tag Renewals
- 7<sup>th</sup> 10:00 Guardian Floor and Tub
- 11:30 August Birthday Party
- 9<sup>th</sup> 4:00 – 8:00 Pot Luck Supper
- 10<sup>th</sup> \*TRIP: Hyundai Plant and lunch. (\$1 for bus)
- 14<sup>th</sup> \*Lunch Bunch: Pazzo Big Slice Pizza (\$1 for bus)
- 21<sup>st</sup> 10:00 Blood Pressure Checks (Kindred Care)
- 24<sup>th</sup> \*TRIP: Berman Museum of World History and lunch. (\$5 plus lunch on your own)
- 31<sup>st</sup> 11:30 Picnic on the patio (National Eat Outside Day)

| Monday                                                                                          | Tuesday                                                                                           | Wednesday                                                                                                                          | Thursday                                                                     | Friday                                                                                         |
|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|                                                                                                 |                                                                                                   | 1<br>8:00 – 4:00 Sewing and Quilting<br>8:30 Breakfast with the Mayor<br>10:00 Beginner Line Dance<br>1:00 Intermediate Line Dance | 2<br>9:00 Yoga<br>1:00 Mexican Train Dominoes                                | 3<br>10:00 BINGO (Southern Care/ New Beacon)<br>1:00 Fresh Friday                              |
| 6<br>8:00 – 4:00 Sewing and Quilting<br>8:30 – 11:00 Shelby County Tag Renewals<br>1:00 Tai Chi | 7<br>10:00 Guardian Floor and Tub (Non Slip)<br>11:30 August Birthday Celebration<br>1:00 Mahjong | 8<br>8:00 – 4:00 Sewing and Quilting<br>10:00 Beginner Line Dance<br>1:00 Intermediate Line Dance                                  | 9<br>9:00 Yoga<br>1:00 Mexican Train Dominoes<br>4:00 – 8:00 Pot Luck Supper | 10<br>*TRIP: Tour of Hyundai Plant and lunch at Wintzell's Oyster House<br>1:00 Fresh Friday   |
| 13<br>8:00 – 4:00 Sewing and Quilting<br>1:00 Tai Chi                                           | 14<br>10:00 BINGO (Southern Care)<br>*Lunch Bunch: Pazzo Big Slice Pizza<br>1:00 Mahjong          | 15<br>8:00 – 4:00 Sewing and Quilting<br>10:00 Beginner Line Dance<br>1:00 Intermediate Line Dance                                 | 16<br>9:00 Yoga<br>1:00 Mexican Train Dominoes                               | 17<br>1:00 Fresh Friday                                                                        |
| 20<br>8:00 – 4:00 Sewing and Quilting<br>1:00 Tai Chi                                           | 21<br>10:00 Kindred Care Blood Pressure Checks<br>1:00 Mahjong                                    | 22<br>8:00 – 4:00 Sewing and Quilting<br>10:00 Beginner Line Dance<br>1:00 Intermediate Line Dance                                 | 23<br>9:00 Yoga<br>1:00 Mexican Train Dominoes                               | 24<br>*TRIP: Berman Museum of World History and lunch at Classic on Noble<br>1:00 Fresh Friday |
| 27<br>8:00 – 4:00 Sewing and Quilting<br>1:00 Tai Chi                                           | 28<br>1:00 Mahjong                                                                                | 29<br>8:00 – 4:00 Sewing and Quilting<br>10:00 Beginner Line Dance<br>1:00 Intermediate Line Dance                                 | 30<br>9:00 Yoga<br>1:00 Mexican Train Dominoes                               | 31<br>11:30 Picnic on the patio (National Eat Outside Day)<br>1:00 Fresh Friday                |

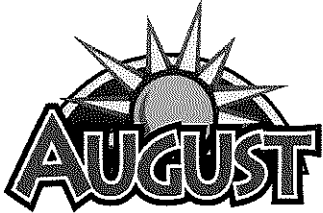


*Lunch is served each week day at 11:30 for a \$2 donation.*

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

# AUGUST, 2018

## Heardmont Park Senior Center

5452 Cahaba Valley Road Birmingham, AL 35242

| MONDAY                                                                                               | TUESDAY                                                                                                                                                                   | WEDNESDAY                                                                                                                        | THURSDAY                                                                                                                                                                                                | FRIDAY                                                                                         |
|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|                     |  Find us on<br><b>Facebook</b><br>Heardmont hours<br>Monday-Friday 9-3<br>Phone 991-5742 | 1<br>9-12 Bridge<br>12 LUNCH                                                                                                     | 2<br>10-10:45 Aerobics<br>10:45-11:30 Aerobics<br>10-2 Bingo & Board Games<br>12- LUNCH                                                                                                                 | 3<br>9-10 Zumba Gold<br>10:30 Improver Line<br>Dance<br>11:30 Beginner Line Dance<br>12 LUNCH  |
| 6<br>9:30-10:30 Tai Chi<br>10:30 Rumikub<br>12 LUNCH                                                 | 7<br>10-10:45 Aerobics<br>10:45-11:30 Aerobics<br>11 Bible Study<br>10-2 Bingo & Board Games<br>12 LUNCH                                                                  | 8<br>9-12 Bridge<br>12 LUNCH                                                                                                     | 9<br>10-10:45 Aerobics<br>10:45-11:30 Aerobics<br>10-2 Bingo & Board Games<br>12- LUNCH                                                                                                                 | 10<br>9-10 Zumba Gold<br>10:30 Improver Line<br>Dance<br>11:30 Beginner Line Dance<br>12 LUNCH |
| 13<br>9:30-10:30 Tai Chi<br>10:30 Rummikub<br>9:30- 12 Mah Jongg<br>10:30-2:30 – Canasta<br>12 LUNCH | 14<br>10-10:45 Aerobics<br>10:45-11:30 Aerobics<br>11 Bible Study<br>10-2 Bingo & Board Games<br>12 LUNCH                                                                 | 15<br>9-12 Bridge<br>12 LUNCH<br> Departs at 9 | 16<br>10-10:45 Aerobics<br>10:45-11:30 Aerobics<br><b>11:00 Amanda-Harrison<br/>                     Regional Library</b><br>10-2 Bingo & Board Games<br>12- LUNCH                                      | 18<br>9-10 Zumba Gold<br>10:30 Improver Line<br>Dance<br>11:30 Beginner Line Dance<br>12 LUNCH |
| 20<br>9:30-10:30 Tai Chi<br>10:30 Rummikub<br>9:30- 12 Mah Jongg<br>10:30-2:30 – Canasta<br>12 LUNCH | 21<br>10-10:45 Aerobics<br>10:45-11:30 Aerobics<br>11 Bible Study<br>10-2 Bingo & Board Games<br>12 LUNCH<br><u>12:00 Bancorp South</u>                                   | 22<br>9-12 Bridge<br>12 LUNCH                                                                                                    | 23<br>10-10:45 Aerobics<br>10:45-11:30 Aerobics<br>10-2 Bingo & Board Games<br>12- LUNCH                                                                                                                | 24<br>9-10 Zumba Gold<br>10:30 Improver Line<br>Dance<br>11:30 Beginner Line Dance<br>12 LUNCH |
| 27<br>9:30-10:30 Tai Chi<br>10:30 Rummikub<br>9:30- 12 Mah Jongg<br>10:30-2:30 – Canasta<br>12 LUNCH | 28<br>10-10:45 Aerobics<br>10:45-11:30 Aerobics<br>11 Bible Study<br>10-2 Bingo & Board Games<br>12 LUNCH                                                                 | 29<br>9-12 Bridge<br>12 LUNCH                                                                                                    | 30<br>10-10:45 Aerobics<br>10:45-11:30 Aerobics<br>10-2 Bingo & Board Games<br>12- LUNCH<br><b>End of Summer Potluck<br/>                     Bring your favorite dish<br/> <u>Sign up Required</u></b> | 31<br>9-10 Zumba Gold<br>10:30 Improver Line<br>Dance<br>11:30 Beginner Line Dance<br>12 LUNCH |

**PEA RIDGE SENIOR CITIZENS CLUB**

**AUGUST, 2018**

| MONDAY                                                         | TUESDAY                                 | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------|-----------------------------------------|-----------|----------|--------|
| <b>Jim Seagle, Pres.</b><br><b>665-1469</b><br>JDS1940@aol.com |                                         | 1         | 2        | 3      |
| 6                                                              | 7                                       | 8         | 9        | 10     |
| 13                                                             | 14<br>PRSCC meeting<br>10:00 am - 12:00 | 15        | 16       | 17     |
| 20                                                             | 21                                      | 22        | 23       | 24     |
| 27                                                             | 28<br>PRSCC meeting<br>10:00 – 12:00    | 29        | 30       | 31     |

# Pelham Senior Center

## August 2018

| Sun          | Mon                                                                                                                    | Tue                                                                                                      | Wed                                                                                                                          | Thu                                                                                                   | Fri                                                                | Sat       |
|--------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------|
| 205-620-6064 |                                                                                                                        |                                                                                                          | <b>1 Bridge 10</b><br><b>Revelle 10</b><br><b>WII Bowling 11</b><br><b>Exercise 11:30</b><br><b>Pelham Promenaders 1:15</b>  | <b>2 Pelham New Pioneers 10:30</b><br><b>Guest: Earl &amp; DJ</b><br><b>Bingo 1</b><br><b>Games 1</b> | <b>3 Tai Chi 10:30</b><br><b>Exercise 11:30</b><br><b>Games 1</b>  | <i>4</i>  |
| <i>5</i>     | <b>6 Bridge 10</b><br><b>Craft Arts 10:30</b><br><b>Exercise 11:30</b><br><b>Mah Jongg 12</b>                          | <b>7 Red Hats 10:00</b><br><b>Art 10:30</b><br><b>Ad. Line Dance 1</b><br><b>Beg. Line Dance 2</b>       | <b>8 Bridge 10</b><br><b>Revelle 10</b><br><b>WII Bowling 11</b><br><b>Exercise 11:30</b>                                    | <b>9 2nd Thursday Bookclub 10:30</b><br><b>Bingo 1</b><br><b>Games 1</b>                              | <b>10 Tai Chi 10:30</b><br><b>Exercise 11:30</b><br><b>Games 1</b> | <i>11</i> |
| <i>12</i>    | <b>13 Bridge 10</b><br><b>Craft Arts 10:30</b><br><b>Exercise 11:30</b><br><b>Mah Jongg 12</b><br><b>Drum Set 1:30</b> | <b>14 Bingo @ Grand River</b><br><b>Art 10:30</b><br><b>Ad. Line Dance 1</b><br><b>Beg. Line Dance 2</b> | <b>15 Bridge 10</b><br><b>Revelle 10</b><br><b>WII Bowling 11</b><br><b>Exercise 11:30</b><br><b>Pelham Promenaders 1:15</b> | <b>16 Mystery Lunch Bus 10:30</b><br><b>Bingo 1</b><br><b>Games 1</b>                                 | <b>17 Tai Chi 10:30</b><br><b>Exercise 11:30</b><br><b>Games 1</b> | <i>18</i> |
| <i>19</i>    | <b>20 Bridge 10</b><br><b>Craft Arts 10:30</b><br><b>Exercise 11:30</b><br><b>Mah Jongg 12</b>                         | <b>21 Art 10:30</b><br><b>Ad. Line Dance 1</b><br><b>Beg. Line Dance 2</b>                               | <b>22 Bridge 10</b><br><b>Revelle 10</b><br><b>WII Bowling 11</b><br><b>Exercise 11:30</b>                                   | <b>23 Alabama Passport</b><br><b>Bingo 1</b><br><b>Games 1</b>                                        | <b>24 Tai Chi 10:30</b><br><b>Exercise 11:30</b><br><b>Games 1</b> | <i>25</i> |
| <i>26</i>    | <b>27 Bridge 10</b><br><b>Craft Arts 10:30</b><br><b>Exercise 11:30</b><br><b>Mah Jongg 12</b>                         | <b>28 Art 10:30</b><br><b>Ad. Line Dance 1</b><br><b>Beg. Line Dance 2</b>                               | <b>29 Bridge 10</b><br><b>Revelle 10</b><br><b>WII Bowling 11</b><br><b>Exercise 11:30</b>                                   | <b>30 Games 10:30</b><br><b>Bingo 1</b><br><b>Games 1</b>                                             | <b>31 Tai Chi 10:30</b><br><b>Exercise 11:30</b><br><b>Games 1</b> |           |

**AUGUST 2018**  
**VANDIVER-STERRETT SENIOR CENTER**

| MONDAY                                                                                                       | TUESDAY                            | WEDNESDAY                             | THURSDAY                                                      | FRIDAY                                               |
|--------------------------------------------------------------------------------------------------------------|------------------------------------|---------------------------------------|---------------------------------------------------------------|------------------------------------------------------|
| HOURS:<br><b>M - F 6PM</b><br>Thurs: <b>11am-2pm</b><br>Fri: <b>12pm –2pm</b><br><i>Phone: (205)229-3389</i> |                                    | <b>1</b><br><br>exercise class<br>6pm | <b>2</b><br>exercise class<br>6pm<br><br>quilting class 11am  | <b>3</b><br>exercise class<br>6pm<br><br>lunch 12pm  |
| <b>6</b><br>exercise class<br>6pm                                                                            | <b>7</b><br>exercise class<br>6pm  | <b>8</b><br>exercise class<br>6pm     | <b>9</b><br>exercise class<br>6pm<br><br>quilting class 11am  | <b>10</b><br>exercise class<br>6pm<br><br>lunch 12pm |
| <b>13</b><br>exercise class<br>6pm                                                                           | <b>14</b><br>exercise class<br>6pm | <b>15</b><br>exercise class<br>6pm    | <b>16</b><br>exercise class<br>6pm<br><br>quilting class 11am | <b>17</b><br>exercise class<br>6pm<br><br>lunch 12pm |
| <b>20</b><br>exercise class<br>6pm                                                                           | <b>21</b><br>exercise class<br>6pm | <b>22</b><br>exercise class<br>6pm    | <b>23</b><br>exercise class<br>6pm<br><br>quilting class 11am | <b>24</b><br>exercise class<br>6pm<br><br>lunch 12pm |
| <b>27</b><br>exercise class<br>6pm                                                                           | <b>28</b><br>exercise class<br>6pm | <b>29</b><br>exercise class<br>6pm    | <b>30</b><br>exercise class<br>6pm<br><br>quilting class 11am | <b>31</b><br>exercise class<br>6pm<br><br>lunch 12pm |

## August 2018

| MONDAY                                                                                                                                   | TUESDAY | WEDNESDAY                                             | THURSDAY | FRIDAY |
|------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------------------------------------------------|----------|--------|
| <p><b>Center hours are:10:00<br/>To:1:00pm</b></p> <p><b>phone:205-678-3375Ext703</b></p> <p><b>Email:atyler@westoveralabama.org</b></p> |         | <p><b>1 Games and Lunch</b></p>                       |          |        |
|                                                                                                                                          |         | <p><b>8 Class for tee Shirt<br/>Quilt . Lunch</b></p> |          |        |
|                                                                                                                                          |         | <p><b>15 Games and lunch</b></p>                      |          |        |
|                                                                                                                                          |         | <p><b>22 Bingo and Make<br/>an apron. Lunch</b></p>   |          |        |
|                                                                                                                                          |         | <p><b>29 Games and Lunch</b></p>                      |          |        |