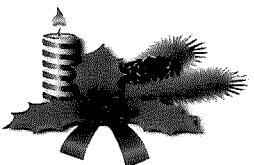


# December 2019

**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 12:00 Mahjongg</p>	<p>3</p> <p>1:15-2:30pm Gentle Yoga 11:45 Jan Neal Law Firm</p>	<p>4</p> <p><b>RSVP Recognition</b>            9am Rook, Rummikub &amp; More            9am Crochet, Knitting and More            9:30am Rummikub            9:30am Arthritis Exercise Program            1-2pm Arthritis &amp; More</p>	<p>5</p> <p>9:15- 10:05am Inter LineDancing            10:10-11am Beginner LineDancing  <b>10-3pm Watercolor Workshop</b>            12-3pm Bridge            12:30-1:20pm Zumba Gold            2:15-3:30pm Gentle Yoga</p>	<p>6</p> <p>9:30 Movin &amp; Groovin (50min)  <b>5:30-8:30 Christmas Dance @ Intermediate School</b>  <b>Must have purchased ticket!</b></p>
<p>9</p> <p><b>10am Timeless Treasures @ St Martin in the Pines</b>  <b>9:30 am Book Club</b>            11am-12:30 Doodle, Letter, Journal            12:00 Mahjongg</p>	<p>10</p> <p><b>American Village Trip</b>  <b>9:30 Breakfast with Shelby Ridge</b>            1:15-2:30pm Gentle Yoga  <b>11:45 Singo/Kindred Hospice</b></p>	<p>11</p> <p>9am Rook, Rummikub &amp; More            9am Crochet, Knitting and More            9:30am Rummikub            9:30am Arthritis Exercise Program  <b>10am Blood Pressure Checks with Southern Care Clanton/Suncrest</b>            1-2 pm Arthritis &amp; More</p>	<p>12</p> <p>9:15-10:05am Inter LineDancing            10:10-11am Beginner LineDancing  <b>10-3pm Watercolor Workshop</b>            12-3pm Bridge            12:30-1:20pm Zumba Gold            2:15-3:30pm Gentle Yoga</p>	<p>13</p> <p>9:30 Movin &amp; Groovin (50min)  <b>9:15 Biscuits and Tea with Jim n Nicks</b>  <i>City Christmas Party</i></p>
<p>16</p> <p><b>9:00 Senior Center Christmas Party</b>  <b>Must have bought a ticket!</b></p>	<p>17</p> <p><b>9:00 Movie Madness</b></p> <p><b>Lunches Served</b></p>	<p>18</p> <p><b>Senior Center Open</b></p> <p><b>Lunches Served</b></p>	<p>19</p> <p><b>Senior Center Open</b></p> <p><b>Lunches Served</b></p>	<p>20</p> <p><b>Senior Center Open</b></p> <p><b>Lunches Served</b></p>
<p>23</p> <p><i>Closed</i></p>	<p>24</p> <p><i>Christmas Eve</i></p> <p><i>Closed</i></p>	<p>25</p> <p><i>Merry Christmas!!</i></p>  <p><i>Closed</i></p>	<p>26</p> <p><i>Closed</i></p>	<p>27</p> <p><i>Closed</i></p>
<p>30</p> <p><i>Closed</i></p>	<p>31</p> <p><i>New Years Eve</i></p> <p><i>Closed</i></p>			

# December, 2019

## 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>8:15 am- 1:00 pm Pickleball</p> <p>9:00 am-10:00 am Senior Exercise Class</p>	<p>5:15 pm – 7:30 pm Refit</p>	<p>8:30 am- 12:00 pm Pickleball</p> <p>9:00 am – 10:00 am Senior Exercise Class</p>	<p>9:00 am- 3:00 pm Senior Day (Games/Potluck Lunch)</p> <p>5:15 pm – 7:30 pm Refit</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>10:00 am – 11:00 am Arthritis Exercise Class</p>	<p>8:30 am – 9:30 am Refit</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>5:15 pm – 7:30 pm Refit</p>	<p>8:30 am- 12:00 pm Pickleball</p> <p>9:00 am – 10:00 am Senior Exercise Class</p>	<p>9:00 am- 3:00 pm Senior Day (Games/Potluck Lunch)</p> <p>5:15 pm – 7:30 pm Refit</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>10:00 am – 11:00 am Arthritis Exercise Class</p>	<p>8:30 am – 9:30 am Refit</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>5:15 pm – 7:30 pm Refit</p>	<p>8:30 am- 12:00 pm Pickleball</p> <p>9:00 am – 10:00 am Senior Exercise Class</p>	<p>9:00 am- 3:00 pm Senior Day (Games/Potluck Lunch)</p> <p>5:15 pm – 7:30 pm Refit</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>10:00 am – 11:00 am Arthritis Exercise Class</p>	<p><b>CLOSED</b></p>
<p>8:15 am- 1:00 pm Pickleball</p> <p>9:00 am-10:00 am Senior Exercise Class</p>	<p><b>CLOSED</b></p>	<p><b>CLOSED</b></p>	<p>9:00 am- 3:00 pm Senior Day (Games/Potluck Lunch)</p> <p>5:15 pm – 7:30 pm Refit</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>10:00 am – 11:00 am Arthritis Exercise Class</p>	<p>8:30 am – 9:30 am Refit</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>5:15 pm – 7:30 pm Refit</p>				<p><b>Jeff Jones,</b> <b>Community Center</b> <b>Director</b></p> <p><b>Jane Ann Mueller,</b> <b>Community Center</b> <b>Program Director</b></p>

Columbiana Senior Center

110 Mildred Street  
205-669-3969

Monday - Thursday 8:00 – 4:00  
Friday 8:00 – 2:00

## December

### Trips and Special Events:

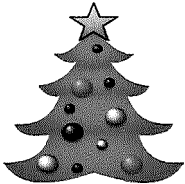
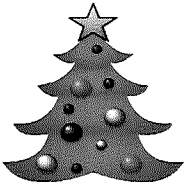
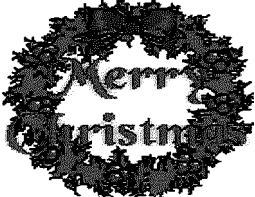



- 3<sup>rd</sup> 9:00 Hot Chocolate and Christmas Carols with Shelby Elementary
- 5<sup>th</sup> 7:00 Columbiana Christmas Parade
- 6<sup>th</sup> 10:00 Bagels with Shelby Rehab Select
- 10<sup>th</sup> \*Christmas Shopping on the Trolley. (Downtown Columbiana, FREE)
- 13<sup>th</sup> \*Lunch Bunch Trip: Texas de Brazil. (Texas de Brazil is an upscale Brazillian eatery featuring an all you can eat grilled meat carved tableside & salad bar. Lunch is \$25 per person. Expect to tip with cash at the restaurant)  
\*6:00 & 7:00 Holly, Jolly Trolley \$10
- 20<sup>th</sup> \*10:00 – 12:00 Ugly Sweater Christmas Party

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 8:00 – 4:00 Sewing and Quilting  9:00 Yoga 1:00 Tai Chi	<b>3</b> 8:30 Merchant Breakfast with the Mayor at SCAC  10:00 Hot Chocolate and Christmas Carols with Shelby Elementary Singers 1:00 Mahjong	<b>4</b> 8:00 – 4:00 Sewing and Quilting 9:00 Breakfast with the Mayor 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>5</b> 9:00 Yoga 1:00 Mexican Train Dominoes 7:00 Columbiana Christmas Parade	<b>6</b>  10:00 Bagels with Shelby Rehab Select
<b>9</b> 8:00 – 4:00 Sewing and Quilting  9:00 Yoga 1:00 Tai Chi	<b>10</b> *9:00 – 11:00 Christmas Shopping on the Trolley in downtown Columbiana  1:00 Mahjong	<b>11</b> 8:00 – 4:00 Sewing and Quilting 10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>12</b> 9:00 Yoga  1:00 Mexican Train Dominoes	<b>13</b> *Lunch Bunch Trip: Texas de Brazil  *6:00 & 7:00 Holly, Jolly Trolley
<b>16</b> 8:00 – 4:00 Sewing and Quilting 9:00 Yoga  1:00 Tai Chi	<b>17</b> 10:00 BINGO (Southern Care)  1:00 Mahjong	<b>18</b> 8:00 – 4:00 Sewing and Quilting  10:00 Beginner Line Dance 1:00 Intermediate Line Dance	<b>19</b> 9:00 Yoga 1:00 Mexican Train Dominoes  4:00 – 8:00 Pot Luck Supper	<b>20</b> *10:00 – 12:00 Ugly Sweater Christmas Party & catered lunch \$5 1:00 Ugly Sweater Contest
<b>Closed for Christmas</b>	<b>Closed for Christmas</b>	<b>Closed for Christmas</b>	<b>26</b> NO LUNCH SERVED  1:00 Mexican Train Dominoes	<b>27</b> NO LUNCH SERVED
<b>30</b> 8:00 – 4:00 Sewing and Quilting NO LUNCH SERVED 9:00 Yoga 1:00 Tai Chi	<b>31</b> Closed for New Years			

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

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

DECEMBER 2019  
 Heardmont Park Senior Center  
 5452 Cahaba Valley Road Birmingham, AL 35242

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30-10:30 Tai Chi 10:30 Rummikub 9:30- 12 Mah Jong 10:30-2:30 – Canasta	3 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo &Board Games 12 Lunch	4 9-12 Bridge 12 LUNCH	5 10-10:45 Aerobics 10:45-11:30 10-2 Bingo&Board Games 12 Lunch	6 9-10 Zumba Gold 10:30-11:30 Intermediate Line Dancing 11:30-12:30 Beginning Line Dancing 12 LUNCH
9 9:30-10:30 Tai Chi 10:30 Rummikub 9:30- 12 Mah Jong 10:30-2:30 – Canasta	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 <b>No Aerobics Today</b> <b>CHRISTMAS PARTY</b> <b>POTLUCK</b> <b>R.S.V.P by Dec 6</b> <b>Sign up To Bring A Dish</b> <b>Dirty Santa Gift exchange</b>	13 9-10 Zumba Gold 10:30-11:30 Intermediate Line Dancing 11:30-12:30 Beginning Line Dancing 12 LUNCH <b>White Christmas Movie</b>
16 9:30-10:30 Tai Chi 10:30 Rummikub 9:30- 12 Mah Jong 10:30-2:30 – Canasta	17 10-10:45 Aerobics 10:45-11:30 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH <b>12:30 Cookie Exchange</b>	18 9-12 Bridge 12 LUNCH	19 10-10:45 Aerobics 10:45-11:30 10-2 Bingo&Board Games 12 LUNCH	20 9-10 Zumba Gold 10:30-11:30 Intermediate Line Dancing 11:30-12:30 Beginning Line Dancing 12 LUNCH
23  <b>Center Closed</b>	24  <b>Center Closed</b>	25  <b>Center Closed</b>	26  <b>Center Closed</b>	27  <b>Center Closed</b>
31 <b>Center Closed</b>			 Find us on: <b>facebook®</b>	<b>Center Hours</b> Mon-Fri 9-3 Phone 991-5742

**PEA RIDGE SENIOR CITIZENS CLUB**

6161 Highway 10, Montevallo, AL 35115

**President:** James Seagle **Center Hours:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesday ONLY

**Phone:** (205) 665-1469

**Email:** JDS1940@aol.com

# December, 2019

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>3</b>			
	<b>10</b>  <b>PRSCC meeting</b> <b>10:00 am - 12:00</b>			
	<b>17</b>			
	<b>24</b>			
	<b>31</b>			

# Pelham Senior Center

## December 2019



50 Racquet Club Pkwy  
 Pelham, AL 35124  
 205-620-6064  
[www.pelhamalabama.gov](http://www.pelhamalabama.gov)

Mon	Tue	Wed	Thu	Fri
2 10am-3pm Duplicate Bridge 10:30am-12:30pm Crafts 12-1pm Exercise  <b>January Program Sign-Up Day!</b>	3 <b>Red Hats Outing</b> 10:30am-12:30pm Art Studio 10:30-11:30 Inter. Line Dance <b>1-3:30pm Acrylic Painting Workshop</b> 1-2pm Inter. Line Dance 2-3pm Beg. Line Dance	4 <b>RSVP Volunteer Recognition</b> 10-1pm Party Bridge 10-11am Men's Coffee 11am-12pm Zumba Gold 12-1pm Gentle Yoga 1:15-3:15pm Promenaders	5 9am Mahjong 1pm Bingo 12pm Canasta & Rummikub	6 9:30-11:30am Open Paint 10:30-11:30am Tai Chi 12-1pm Exercise <b>1pm Wii Bowling</b> 12pm Cards and Games No Ballroom Dance
9 <b>IKEA- Atlanta</b> 10am-3pm Duplicate Bridge 10:30am-12:30pm Crafts 12-1pm Exercise	10 <b>Lunch Around Town</b> <b>Brio Tuscan Grille</b> 10:30am-12:30pm Art Studio 10:30-11:30 Inter. Line Dance 1-2pm Inter. Line Dance 2-3pm Beg. Line Dance	11 <b>Senior Center Christmas Party</b> 10-1pm Party Bridge NO Men's Coffee NO Zumba Gold NO Gentle Yoga	12 9am Mahjong 1pm Bingo 12pm Canasta & Rummikub	13 9:30-11:30am Open Paint 10:30-11:30am Tai Chi 12-1pm Exercise <b>1pm Wii Bowling</b> 12pm Cards and Games No Ballroom Dance
16 10am-3pm Duplicate Bridge 10:30am-12:30pm Crafts 12-1pm Exercise	17 10:30am-12:30pm Art Studio 10:30-11:30 Inter. Line Dance 1-2pm Inter. Line Dance 2-3pm Beg. Line Dance	18 10-1pm Party Bridge 10-11am Men's Coffee 11am-12pm Zumba Gold 12-1pm Gentle Yoga 1:15-3:15pm Promenaders	19 9am Mahjong <b>11:30-12:45 Santa &amp; Entertainment with DJ &amp; Earl</b> 1pm Bingo 12pm Canasta & Rummikub	20 9:30-11:30am Open Paint 10:30-11:30am Tai Chi <b>NO Exercise</b> <b>1pm Wii Bowling</b> 12pm Cards and Games No Ballroom Dance
23 <b>Senior Center Open but no classes or programs!</b>	24 <b>Senior Center Closed</b> <b>City offices Closed</b>	25 <b>Merry Christmas!</b> <b>Senior Center Closed</b> <b>City off Closed</b>	26 <b>Senior Center Open but no classes or programs!</b>	27 <b>Senior Center Open but no classes or programs!</b>
30 <b>Senior Center Open but no classes or programs!</b>	31 <b>Senior Center Closed</b>			<b>SENIOR CENTER HOURS</b> <b>Monday-Friday</b> <b>9:00am-3:30pm</b>

# DECEMBER, 2019

## VANDIVER-STERRETT SENIOR CENTER

12205 HIGHWAY 43, VANDIVER, AL 35147

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
exercise class 6pm	exercise class 6pm	exercise class 6pm	exercise class 6pm quilting class 11am	exercise class 6pm lunch 12pm
exercise class 6pm	exercise class 6pm	exercise class 6pm	exercise class 6pm quilting class 11am	exercise class 6pm lunch 12pm
exercise class 6pm	exercise class 6pm	exercise class 6pm	exercise class 6pm quilting class 11am	exercise class 6pm <b>Christmas Lunch - 12pm</b>
exercise class 6pm	<b>CLOSED</b>	<b>CLOSED</b>	exercise class 6pm quilting class 11am	exercise class 6pm lunch 12pm
exercise class 6pm	<b>CLOSED</b>			HOURS: <b>M - F 6PM</b> Thurs: <b>11am-2pm</b> Fri: <b>12pm -2pm</b> P: <b>(205) 672-7332</b>

*December, 2019*

# WESTOVER SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 BINGO	5	6
9	10	11 CRAFT W/ EMILY 	12	13
16	17	18 PAINT CLASS	19	20
23	24	25 SEWING CLASS	26	27
30	31	1 DOMINOES		<b>Center hours are:</b> 10:00AM-1:00PM <b>Phone:</b> (205) 678-3375 Ext 703 <b>Email:</b> atylor@westoveralabama.org