

# PELHAM SENIOR CENTER

## October 2021

50 Racquet Club Pkwy 205-620-6064

Mon

Tue

Wed

Thu

Fri

**Hours of Operation**  
Monday– Friday  
9:00am-3:30pm

Stop by the Welcome Desk at the Senior Center to register for any activity/program (spaces are limited.)  
For more information, please call the Pelham Senior Center at 205-620-6064.

1  **9am Sign-ups**   
10:30-11:30am Tai Chi  
10:30 Crocheting  
11:30 Hand and Foot  
**World Smile Day!**

4  
10:00am-3:00pm Duplicate Bridge  
10:30-11:20am Fitness Forward

5 10am-11am Basic Computer Class  
*(Library-Pre-registration is required)*  
10:00am Inter. Line dancing  
10am-3pm Card/Games Day  
11:15am Improver Line dancing  
12:30pm Beginner Line Dancing

6 10:45am Silver Sneakers Exercise  
*(at Rec Center)*  
**10:00am-1:00pm Party Bridge**  
**NEW! 10:45am-11:45am REFIT®**  
12pm –1pm Gentle Yoga  
1:15-3:15pm Promenaders

7 9:15am-1:00pm  
Mahjong  
**9:30am-1:00pm**  
**M4A Senior Health Insurance**  
**Program—reviewing**  
**Medicare/Medicaid packages**

8 **NEW! 9:30 Let's Get Walking**  
10:30-11:30am Tai Chi  
11:30 Hand and Foot

11  
10:00am-3:00pm Duplicate Bridge  
10:30-11:20am Fitness Forward  
**11:30am Tin Can Flowers**  
*(Southeast Network Hospice)*  
**1:00pm-2:30pm Crafting Together**  
**Wear Pink Week!**

12  
10:00am Inter. Line dancing  
10am-3pm Card/Games Day  
11:15am Improver Line dancing  
12:30pm Beginner Line Dancing  
**Wear Pink Week!**

13  
10:45am Silver Sneakers Exercise  
*(at Rec Center)*  
10:00am-1:00pm Party Bridge  
**NEW!10:45am-11:45am REFIT®**  
12pm –1pm Gentle Yoga  
**NEW! 1:30pm Book Club**  
**Interest meeting**  
**Wear Pink Week!**

14  
**12:00am Blood Pressure Checks**  
**12:30am Arthritis Education**  
*Pelham Community Paramedics*  
**1:00pm Bingo Fall Themed**  
*(SouthernCare New Beacon)*  
**Wear Pink Week!**

15 **NEW! 9:30 Let's Get Walking**  
10:30-11:30am Tai Chi  
10:30 Crocheting  
11:30 Hand and Foot  
**Outing— (Pre-registration required)**  
**Rattlesnake Saloon and Helen Keller**  
**Birth Place Tour**  
**Wear Pink Week!**

18  
**8:30am Men's Breakfast Outing**  
10:00am-3:00pm Duplicate Bridge  
10:30-11:20am Fitness Forward  
**1pm Penny Auction**  
*(Southeast Network Hospice)*  
**National Chocolate Cupcake Day!**

19  
10:00am Inter. Line dancing  
10am-3pm Card/Games Day  
11:15am Improver Line dancing  
12:30pm Beginner Line Dancing

20  
10:45am Silver Sneakers Exercise  
*(at Rec Center)*  
10:00am-1:00pm Party Bridge  
**NEW! 10:45am-11:45am REFIT®**  
12pm –1pm Gentle Yoga  
1:15-3:15pm Promenaders

21  
**10:00am—12:00pm Health Expo**  
**Pelham Community Paramedics**  
**Health Professional Panel**  
**UAB Eye Clinic**  
**Blair Pharmacy**  
**And more!!!**  
**1:30pm-3:30pm Cards and Games**

22  
**NEW! 9:30 Let's Get Walking**  
10:30-11:30am Tai Chi  
11:30 Hand and Foot

25  
10:00am-3:00pm Duplicate Bridge  
10:30-11:20am Fitness Forward  
**1pm Earl Mashburn Music**  
**1pm-3pm Open Paint**

26 10:00am Inter. Line dancing  
10am-3pm Card/Games Day  
11:15am Improver Line dancing  
12:30pm Beginner Line Dancing  
**Lunch Around Town—**  
**Martin's BBQ Joint**  
*(Pre-registration is required)*

27  
10:45am Silver Sneakers Exercise  
*(at Rec Center)*  
10:00am-1:00pm Party Bridge  
**NEW!10:45am-11:45am REFIT®**  
12pm –1pm Gentle Yoga  
**1pm –2pm Let's Garden**

28  
**12:45 Erin Welborn -**  
**District Court Judge Candidate**  
**1:00pm Bingo**  
*(Ahava HealthCare of Alabaster)*  
**Wear Orange and Black**  
**or a Costume**

29  
**9:30 Let's Get Walking**  
10:30-11:30am Tai Chi  
10:30 Crocheting  
11:30 Hand and Foot  
**Wear Your College Football**  
**Colors**