

PELHAM SENIOR CENTER

January 2022

50 Racquet Club Pkwy 205-620-6064



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p><u>SIGN UP ON TUESDAY, JANUARY 4TH AT 9AM</u></p> <p>9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward</p>	<p>4</p> <p>10:30am Inter. Line dancing 1:00pm Improver Line dancing 2:00pm Beginner Line Dancing 1:00pm Game Day: Trivia Tuesday <u>National Trivia Day</u></p>	<p>5</p> <p>10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 10:45am REFIT® 12pm -1pm Gentle Yoga 1:15-3:15pm Promenaders</p>	<p>6</p> <p>9:15am-1:00pm Mahjong 1:30pm Movie Madness</p>	<p>7</p> <p>10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot 1pm James and James</p>
<p>10</p> <p>9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 11:30am Tin Can Flowers <i>(Southeast Network Hospice)</i> 1:00pm-2:30pm Crafting Together</p>	<p>11</p> <p>10:30am Inter. Line dancing 1:00pm Improver Line dancing 2:00pm Beginner Line Dancing Outing— Barber Motor Sports Museum, Buc-ee's and Lunch Pre-registration is required</p>	<p>12</p> <p>9:30am Guest Speaker— James Spann 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 10:45am REFIT® 12pm -1pm Gentle Yoga 1:30pm Book Club</p>	<p>13</p> <p>11:00am Blood Pressure Checks <i>Pelham Community Paramedics</i> 12:00pm Luncheon <i>(pre-registration required)</i> 12:45pm Mayor Waters and City Manager—Gretchen DiFante</p>	<p>14</p> <p>10:30-11:30am Tai Chi 11:30 Hand and Foot 1pm Bingo</p>
<p>17</p> <p><u>MLK Day</u> <u>CLOSED</u></p>	<p>18</p> <p>10:30am Inter. Line dancing 1:00pm Improver Line dancing 2:00pm Beginner Line Dancing</p>	<p>19</p> <p>10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 10:45am REFIT® 12pm -1pm Gentle Yoga 1:15-3:15pm Promenaders Lunch Around Town: Station 31 (Chelsea) Pre-registration is required</p>	<p>20</p> <p>9:15am-1:00pm Mahjong 1pm Penny Auction <i>(Kindred At Home)</i></p>	<p>21</p> <p>10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot</p>
<p>24</p> <p>Men's Breakfast Outing <i>(Pre-registration required)</i> 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1pm-1:50pm Drumming</p>	<p>25</p> <p>10:30am Inter. Line dancing 1:00pm Improver Line dancing 2:00pm Beginner Line Dancing</p>	<p>26</p> <p>10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 10:45am REFIT® 12pm -1pm Gentle Yoga 1:30pm-2:30pm Pelham Perennials Gardening</p>	<p>27</p> <p>1:00pm Bingo <i>(Shelby Ridge)</i></p>	<p>28</p> <p>10:30-11:30am Tai Chi 11:30 Hand and Foot</p>
<p>31</p> <p>9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1pm Hot Chocolate Bar 1pm-3pm Open Paint <u>National Hot Chocolate Day</u></p>	<p>Hours of Operation Monday– Friday 9:00am-3:30pm</p>		<p>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.</p>	