

PELHAM SENIOR CENTER

February 2022

50 Racquet Club Pkwy 205-620-6064



| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|---|
| | 1 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing 1pm Game Day: Name that Tune <u>National Dark Chocolate Day</u> | 2 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 | 3 9:15am-1:00pm Mahjong 1:30 Movie Madness | 4 10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot <u>National Wear Red Day</u> |
| 7 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward Lunch Around Town— Mama Ree's (Pre-registration is required) | 8 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing | 9 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 10:45am REFIT® 12pm-1pm Gentle Yoga 1pm-3pm Charcuterie Boards with Party Art <u>(Pre-Registration is required)</u> 1:30pm Book Club | 10 11:15am Blood Pressure Checks and Education <i>Pelham Community Paramedics</i> 12:00pm Luncheon (pre-registration required) 1:00pm Bingo (SouthEast Network Hospice) | 11 10:30-11:30am Tai Chi 11:30 Hand and Foot |
| 14 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 <u>Valentine's Day</u> | 15 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing | 16 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 12pm-1pm Gentle Yoga 1:15-3:15pm Promenaders | 17 9:15am-1:00pm Mahjong 1pm Penny Auction (Kindred At Home) | 18 10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot |
| 21 Men's Breakfast Outing (Pre-registration required) 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward | 22 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing <u>Two's-Day Tuesday</u> | 23 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 12pm-1pm Gentle Yoga 1:30pm-2:30pm Pelham Perennials Gardening Outing— Art Museum and Melt for Lunch (Pre-registration is required) | 24 1:00pm Bingo (SouthernCare New Beacon) | 25 10:30-11:30am Tai Chi 11:30 Hand and Foot 2pm-4pm Mardi Gras Party |

28
9am-3pm Card/Games Every Day
10:00am-3:00pm Duplicate Bridge
10:30-11:20am Fitness Forward
12pm Pot Luck
(Pre-registration is required)
1pm-3pm Open Paint

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.