

PELHAM SENIOR CENTER

May 2022

50 Racquet Club Pkwy 205-620-6064



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward</p>	<p>3</p> <p>10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9:15am-1:00pm Mahjong 1:30pm Movie Madness</p>	<p>6</p> <p>10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot Outing— Symphony and Lunch <i>(Pre-registration is required)</i></p>
<p>9</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 <i>(Pre-registration Required)</i></p>	<p>10</p> <p>10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing Lunch Around Town— Little London <i>(Pre-registration is required)</i></p>	<p>11</p> <p>10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 10am Party Art Ceramics Craft <i>(Pre-Registration Required)</i> 12pm -1pm Gentle Yoga 1pm Party Art Ceramics Craft <i>(Pre-Registration Required)</i></p>	<p>12</p> <p>11:00am Blood Pressure Checks <i>Pelham Community Paramedics</i> 12:00pm Luncheon <i>(pre-registration required)</i> 1pm Flight Presentation by Charlie from the Flight Museum</p>	<p>13</p> <p>10:30-11:30am Tai Chi 11:30 Hand and Foot 1pm Bingo <i>(SouthEast Hospice)</i></p>
<p>16</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</p>	<p>17</p> <p>10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p>	<p>18</p> <p>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 Outing—Baron's Game <i>(Tickets were pre-purchased)</i></p>	<p>19</p> <p>9:15am-1:00pm Mahjong 1pm Penny Auction <i>(Kindred at Home)</i></p>	<p>20</p> <p>10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot</p>
<p>23</p> <p>9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1pm Drumming</p>	<p>24</p> <p>10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p>	<p>25</p> <p>10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 12pm -1pm NO GENTLE YOGA Gardening Outing— Aldridge Gardens Tour <i>(Pre-registration is required)</i></p>	<p>26</p> <p>1:00pm Bingo <i>(Southern Care New Beacon)</i> 2:00pm Coke Floats</p>	<p>27</p> <p>10:30-11:30am Tai Chi 11:30 Hand and Foot</p>
<p>30</p> <p><u>Closed for Memorial Day!</u></p>	<p>31</p> <p>10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing 10:00am-3:00pm Duplicate Bridge</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>		