

PELHAM SENIOR CENTER

June 2022

50 Racquet Club Pkwy 205-620-6064



Mon	Tue	Wed	Thu	Fri
<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>		<p>1 10:45am Silver Sneakers Exercise (at Rec Center) 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1:15-3:15pm Promenaders</p>	<p>2 9:15am-1:00pm Mahjong 1:30pm Movie Madness</p>	<p>3 10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot</p>
<p>6 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward</p>	<p>7 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p>	<p>8 Senior Picnic <u>Senior Center will be closed!</u></p>	<p>9 <u>11:15am Blood Pressure Checks</u> <i>Pelham Community Paramedics</i> <u>12:00pm Monthly Luncheon</u> <i>(pre-registration required)</i> <u>12:45 Magician</u></p>	<p>10 10:30-11:30am Tai Chi 11:30 Hand and Foot 1pm Bingo 1:45pm Ice Cream Sundae Bar <i>(SouthernCare New Beacon)</i></p>
<p>13 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>14 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing Outing— Peach Park <i>(Pre-registration required)</i></p>	<p>15 10:45am Silver Sneakers Exercise (at Rec Center) 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1:15-3:15pm Promenaders</p>	<p>16 9:15am-1:00pm Mahjong 1pm Penny Auction <i>(Kindred At Home)</i></p>	<p>17 10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot</p>
<p>20 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward</p>	<p>21 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p>	<p>22 10:45am Silver Sneakers Exercise (at Rec Center) 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1:30pm-2:15pm Pelham Perennials Gardening <i>(Pre-registration required)</i></p>	<p>23 12:30pm Pelham Police Dept. 1:00pm Bingo <i>(Shelby Ridge)</i></p>	<p>24 10:30-11:30am Tai Chi 11:30 Hand and Foot Outing— Museum of Alabama and Lunch at The Wharf <i>(Pre-registration Required)</i></p>
<p>27 Men's Breakfast <i>(Pre-registration Required)</i> 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 12pm Pot Luck <i>(Pre-registration Required)</i></p>	<p>28 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing 1pm Card Making Class <i>(Aveanna Hospice)</i></p>	<p>29 10:45am Silver Sneakers Exercise (at Rec Center) 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga</p>	<p>30 10am-11am 4th of July Celebration <i>(Kindred Hospice)</i></p>	<p>Hours of Operation Monday– Friday 9:00am-3:30pm</p>