

PELHAM SENIOR CENTER

September 2022

50 Racquet Club Pkwy 205-620-6064

Mon	Tue	Wed	Thu	Fri
<p>Hours of Operation Monday—Friday 9am—3:30pm</p>	<p>Stop by the Welcome Desk at the Senior Center to register for any program/activity (space is limited in some programming). For more information, please call the Pelham Senior Center at 205-620-6064.</p>		<p>1</p>  <p>9:15am-1:00pm Mahjong 1:30pm Movie Madness</p>	<p>2</p> <p>10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot</p>
<p>5</p> <p><u>CLOSED FOR LABOR DAY</u></p>	<p>6</p> <p>10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p>	<p>7</p> <p>1pm Silver Sneakers Exercise (at Rec Center) 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1:15-3:15pm Promenaders Lunch Around Town— Another Broken Egg (Pre-registration is required)</p>	<p>8</p> <p>11:00am Blood Pressure Checks Pelham Community Paramedics 12:00pm Luncheon (pre-registration required) 12:45pm James and James</p>	<p>9</p> <p>10:30-11:30am Tai Chi 10:30 Crocheting 1:00pm Bingo (Briar Glenn) 6:00-8:00 Line Dance Social (Pre-registration required)</p>
<p>12</p> <p>9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1:00pm-3:00pm Crafting Together (Pre-registration required)</p>	<p>13</p> <p><u>9-11 Elvis at Civic Complex</u> <u>Senior Center will be open</u> <u>1pm—3:30pm</u></p>	<p>14</p> <p>1pm Silver Sneakers Exercise (at Rec Center) 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 10-11 Party Art (Pre-registration required)</p>	<p>15</p> <p>9:15am-1:00pm Mahjong</p>	<p>16</p> <p>10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot</p>
<p>19</p> <p>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 1pm Drumming (Pre-registration Required)</p>	<p>20</p> <p>10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p>	<p>21</p> <p>1pm Silver Sneakers Exercise (at Rec Center) 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1:15-3:15pm Promenaders</p>	<p>22</p> <p>1:00pm Bingo (Shelby Ridge) <u>National Ice Cream Cone Day</u></p>	<p>23</p> <p>10:30-11:30am Tai Chi 10:30 Crocheting</p>
<p>26</p> <p>9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 12pm Pot Luck (Pre-registration Required)</p>	<p>27</p> <p>10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing Outing— Soap Making Class and Lunch (Pre-registration required)</p>	<p>28</p> <p>1pm Silver Sneakers Exercise (at Rec Center) 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga</p>	<p>29</p> <p>1:00pm Bingo (Aveanna Hospice)</p>	<p>30</p> <p>10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot</p>