

# PELHAM SENIOR CENTER

## July 2021

50 Racquet Club Pkwy

205-620-6064

Mon	Tue	Wed	Thu	Fri
<p><b>Hours of Operation</b> 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>		<p>1 <b>10am-11am Patriotic Celebration and Entertainment with the Chuck King Band</b> <i>SouthernCare New Beacon Hospice (Light Refreshments)</i></p>	<p>2 <b>8am-12pm Pickleball (at Rec Center)</b> <b>10:30-11:30am Tai Chi</b></p>
<p>5 <b>Closed for observance of Independence Day!!</b></p>	<p>6 <b><u>NO Inter. Line dancing</u></b> <b>9am-3pm Cards and Games</b> <b>11:15am Improver Line dancing</b> <b>12:30pm Beginner Line Dancing</b></p>	<p>7 <b>10:30am Silver Sneakers Exercise (at Rec Center)</b> <b>10:00am-1:00pm Party Bridge</b> <b>12pm –1pm Gentle Yoga</b> <b>1:15-3:15pm Promenaders</b></p>	<p>8 <b>11:15am Warning Signs of A Stroke</b> <b>11:30am Blood Pressure Checks</b> <i>Pelham Community Paramedics</i> <b>12:00 Luncheon (Pre-registration is required)</b> <b>1:00pm Bingo</b></p>	<p>9 <b>8am-12pm Pickleball (at Rec Center)</b> <b>No Tai Chi</b> <b>10:30 Crocheting Group</b> <b><u>National Sugar Cookie Day</u></b></p>
<p>12 <b>8am-12pm Pickleball (at Rec Center)</b> <b>10:00am-3:00pm Duplicate Bridge</b> <b>10:30-11:20am Fitness Forward</b> <b>11:30am Tin Can Flowers (Southeast Network Hospice)</b> <b>1:00-1:50pm Drumming (at Rec Center)</b> <b>1:00pm-2:30pm Let's Craft Together</b></p>	<p>13 <b>10:00am Inter. Line dancing</b> <b>9am-3pm Cards and Games</b> <b>11:15am Improver Line dancing</b> <b>12:30pm Beginner Line Dancing</b>  <b><u>Cow Appreciation Day</u></b></p>	<p>14 <b>9:30am-10:30am Men's Coffee Club</b> <b>10:30am Silver Sneakers Exercise (at Rec Center)</b> <b>10:00am-1:00pm Party Bridge</b> <b>12pm –1pm Gentle Yoga</b> <b>1pm-3pm Acrylic Painting Workshop</b></p>	<p>15 <b>9:15am-1:00pm Mahjong Outing—</b> <b>Buc-ee's in Leeds and Saw's BBQ for Lunch (Pre-registration is required)</b></p>	<p>16 <b>8am-12pm Pickleball (at Rec Center)</b> <b>10:30-11:30am Tai Chi</b> <b>12:30-2:00pm Wii Bowling</b></p>
<p>19 <b>8am-12pm Pickleball (at Rec Center)</b> <b>10:00am-3:00pm Duplicate Bridge</b> <b>10:30-11:20am Fitness Forward</b></p>	<p>20 <b>10:00am Inter. Line dancing</b> <b>9am-3pm Cards and Games</b> <b>11:15am Improver Line dancing</b> <b>12:30pm Beginner Line Dancing</b></p>	<p>21 <b>10:30am Silver Sneakers Exercise (at Rec Center)</b> <b>10:00am-1:00pm Party Bridge</b> <b>12pm –1pm Gentle Yoga</b> <b>1:00-2:15pm Let's Garden</b> <b>1:15-3:15pm Promenaders</b></p>	<p>22 <b>1:00pm Luau themed Bingo with photo station</b></p>	<p>23 <b>8am-12pm Pickleball (at Rec Center)</b> <b>10:30-11:30am Tai Chi</b></p>
<p>26 <b>8am-12pm Pickleball (at Rec Center)</b> <b>10:00am-3:00pm Duplicate Bridge</b> <b>10:30-11:20am Fitness Forward</b></p>	<p>27 <b>10:00am Inter. Line dancing</b> <b>9am-3pm Cards and Games</b> <b>11:15am Improver Line dancing</b> <b>12:30pm Beginner Line Dancing</b></p>	<p>28 <b>9:30am-10:30am Men's Coffee Club</b> <b>10:30am Silver Sneakers Exercise (at Rec Center)</b> <b>10:00am-1:00pm Party Bridge</b> <b>12pm –1pm Gentle Yoga</b></p>	<p>29 <b>GAME DAY!</b> <b>Team Yahtzee 10am</b></p>	<p>30 <b>8am-12pm Pickleball (at Rec Center)</b> <b>10:30-11:30am Tai Chi</b> <b>Lunch Around Town—</b> <b>Bellini's Italian Restaurant (Pre-registration is required)</b></p>