

PELHAM SENIOR CENTER

September 2021

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 ★ 9am September sign ups ★ 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga</p>	<p>2 9:15am-1:00pm Mahjong</p>	<p>3 8am-12pm Pickleball <i>(at Rec Center)</i> 10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot</p>
<p>6 Labor Day! <u>Senior Center Closed!</u></p>	<p>7 10:00am Inter. Line dancing 10am-3pm Card/Games Day 10:00am-3:00pm Duplicate Bridge 11:15am Improver Line dancing 12:30pm Beginner Line Dancing</p>	<p>8 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge NEW! 10:45am-11:45am REFIT® 12pm –1pm Gentle Yoga</p>	<p>9 12:00am Blood Pressure Checks 12:30am Medication Compliance <i>Pelham Community Paramedics</i> 1:00 Delores Hydock <i>(Refreshment sponsored by SouthernCare New Beacon)</i></p>	<p>10 8am-12pm Pickleball <i>(at Rec Center)</i> 10:30-11:30am Tai Chi 11:30 Hand and Foot</p>
<p>13 8am-12pm Pickleball <i>(at Rec Center)</i> 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 National Peanut Day!</p>	<p>14 10:00am Inter. Line dancing 10am-3pm Card/Games Day 11:15am Improver Line dancing 12:30pm Beginner Line Dancing</p>	<p>15 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge NEW! 10:45am-11:45am REFIT® 12pm –1pm Gentle Yoga</p>	<p>16 9:15am-1:00pm Mahjong 1:00pm Bingo <i>(Southeast Network Hospice)</i></p>	<p>17 8am-12pm Pickleball <i>(at Rec Center)</i> 10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot Lunch Around Town— Flying Biscuit Café <i>(Pre-registration is required)</i></p>
<p>20 8am-12pm Pickleball <i>(at Rec Center)</i> 8:30am Men's Breakfast Outing <i>(Pre-registration is required)</i> 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1:00-1:50pm Drumming</p>	<p>21 Closed for interior paint makeover</p>	<p>22 Closed for interior paint makeover</p>	<p>23 Closed for interior paint makeover</p>	<p>24 Closed for interior paint makeover</p>
<p>27 Closed for interior paint makeover</p>	<p>28 Closed for interior paint makeover</p>	<p>29 Closed for interior paint makeover</p>	<p>30 Closed for interior paint makeover</p>	<p>Hours of Operation Monday– Friday 9:00am-3:30pm</p>