

PELHAM SENIOR CENTER

April 2022

50 Racquet Club Pkwy 205-620-6064

Mon

Tue

Wed

Thu

Fri

**Hours of Operation
Monday– Friday
9:00am-3:30pm**

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.

**“Spring adds new life and new beauty to all that is”
- Jessica Harrelson**

1
9:30am Let’s Get Walking (at City Park walking track)
10:30-11:30am Tai Chi
10:30 Crocheting
11:30 Hand and Foot

4
9am-3pm Card/Games Every Day
10:00am-3:00pm Duplicate Bridge
10:30-11:20am Fitness Forward

5
10:30am Inter. Line dancing
11:45am Improver Line dancing
1:00pm Beginner Line Dancing

6 10:45am Silver Sneakers Exercise (at Rec Center)
10:00am-1:00pm Party Bridge
12pm –1pm Gentle Yoga
1:15-3:15pm Promenaders

7
9:15am-1:00pm Mahjong
1:30pm **Movie Madness**

8
9:30am Let’s Get Walking (at City Park walking track)
10:30-11:30am Tai Chi
11:30 Hand and Foot

11 9am-3pm Card/Games Every Day
10:00am-3:00pm Duplicate Bridge
10:30-11:20am Fitness Forward
11:30am **Tin Can Flowers** (Southeast Network Hospice)
1:00pm-2:30pm **Crafting Together** (Pre-registration is required)

12
10:30am Inter. Line dancing
11:45am Improver Line dancing
1:00pm Beginner Line Dancing
Outing—Orr Park and Lunch at Main Street Tavern (Pre-registration is required)

13 10:45am Silver Sneakers Exercise (at Rec Center)
10am Party Art Craft (Pre-registration is required)
10:00am-1:00pm Party Bridge
12pm –1pm Gentle Yoga
1pm Easter Egg Scavenger Hunt

14
11:00am **Blood Pressure Checks**
Pelham Community Paramedics
12:00pm **Luncheon** (pre-registration required)
1pm **Penny Auction**

15
9:30am Let’s Get Walking (at City Park walking track)
10:30-11:30am Tai Chi
10:30 Crocheting
11:30 Hand and Foot

18
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

19
10:30am Inter. Line dancing
11:45am Improver Line dancing
1:00pm Beginner Line Dancing

20 10:45am Silver Sneakers Exercise (at Rec Center)
10:00am-1:00pm Party Bridge
12pm –1pm Gentle Yoga
1:15-3:15pm Promenaders
Gardening Outing—
Garden Highlight Tour and lunch at the Botanical Gardens (Pre-registration is required)

21
9:15am-1:00pm Mahjong
1:00pm **Bingo**

22
9:30am Let’s Get Walking (at City Park walking track)
10:30-11:30am Tai Chi
11:30 Hand and Foot

25 9am-3pm Card/Games Every Day
10:00am-3:00pm Duplicate Bridge
10:30-11:20am Fitness Forward
11:30 **Education by Paramedics**
12pm **Pot Luck** (Pre-registration is required)
1pm **James and James**

26
10:30am Inter. Line dancing
11:45am Improver Line dancing
1:00pm Beginner Line Dancing
Day Trip—Pine Mountain, GA (Pre-registration is required)

27
10:45am Silver Sneakers Exercise (at Rec Center)
10:00am-1:00pm Party Bridge
12pm –1pm Gentle Yoga

28
9am **Educational Advanced Planning Seminar** (Pre-registration required).
Breakfast served)
1:00pm **Bingo**

29
9:30am Let’s Get Walking (at City Park walking track)
10:30-11:30am Tai Chi
10:30 Crocheting
11:30 Hand and Foot