

PELHAM SENIOR CENTER

January 2023

50 Racquet Club Pkwy 205-620-6064

Mon	Tue	Wed	Thu	Fri
<p>2. <u>Sign Up Day!</u> <u>Doors open at 9am</u> 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1pm Silver Sneakers Yoga <i>(at Rec Center)</i></p>	<p>3 10:00am Inter. Line dancing 11:45am Improver Line dancing 12-1pm Cutting Christmas Stocking <u>(Pre-registration required)</u> 1:00pm Beginner Line Dancing</p>	<p>4 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1pm Silver Sneakers Exercise <i>(at Rec Center)</i> 1:15-3:15pm Promenaders</p>	<p>5 1:00pm Movie Madness <u>(Jumanji)</u></p>	<p>6 10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot</p>
<p>9 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1:00pm-2:15pm Crafting Together <u>(Pre-registration required)</u> 1pm Silver Sneakers Yoga <i>(at Rec Center)</i></p>	<p>10 10:00am Inter. Line dancing 10:00-11:30am Refresher Bridge <u>(Pre-registration required)</u> 11:45am Improver Line dancing 12-1pm Cutting Christmas Stocking <u>(pre-registration required)</u> 1:00pm Beginner Line Dancing</p>	<p>11 10:00am-1:00pm Party Bridge 11am-12pm Party Art <u>(pre-registration required)</u> 12pm –1pm Gentle Yoga 1pm Silver Sneakers Exercise <i>(at Rec Center)</i></p>	<p>12 11:00am Blood Pressure Checks <i>Pelham Community Paramedics</i> 12:00pm Luncheon <u>(pre-registration required)</u> <u>What is happening in Pelham!</u> <u>Gretchen DiFante &</u> <u>Mavor Waters</u></p>	<p>13 Lunch Around Town Boondocks BBQ <i>(Pre-registration required)</i> 10:30-11:30am Tai Chi 11:30 Hand and Foot</p>
<p>16 <u>Senior Center Closed</u> <u>Martin Luther King's</u> <u>Birthday</u></p>	<p>17 <u>Mystery Outing</u> <u>(Pre-registration required)</u> 10:00am Inter. Line dancing 10:00-11:30am Refresher Bridge <u>(Pre-registration required)</u> 11:45am Improver Line dancing 12-1pm Cutting Christmas Stocking <u>(pre-registration required)</u> 1:00pm Beginner Line Dancing</p>	<p>18 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1pm Silver Sneakers Exercise <i>(at Rec Center)</i> 1:15-3:15pm Promenaders</p>	<p>19 12:30pm Encompass Health Fall Prevention 1:00pm Penny Auction <i>(Centerwell Home Health)</i></p>	<p>20 10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot 1pm SINGO! <i>(Expect Care)</i></p>
<p>23 Men's Breakfast Outing <u>(Pre-registration required)</u> 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1pm Silver Sneakers Yoga <i>(at Rec Center)</i> <u>National Brownie Day</u></p>	<p>24 10:00am Inter. Line dancing 10:00-11:30am Refresher Bridge <u>(Pre-registration required)</u> 11:45am Improver Line dancing 12-1pm Cutting Christmas Stocking <u>(pre-registration required)</u> 1:00pm Beginner Line Dancing</p>	<p>25 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1pm Silver Sneakers Exercise <i>(at Rec Center)</i></p>	<p>26 1:00pm Bingo <i>(Southeast Hospice Network)</i></p>	<p>27 Symphony Outing <i>(Pre-registration required)</i> 10:30-11:30am Tai Chi 11:30 Hand and Foot</p>
<p>30 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 12pm Pot Luck <u>(Pre-registration Required)</u> 1pm Silver Sneakers Yoga <i>(at Rec Center)</i></p>	<p>31 10:00am Inter. Line dancing 10:00-11:30am Refresher Bridge <u>(Pre-registration required)</u> 11:45am Improver Line dancing 12-1pm Cutting Christmas Stocking <u>(pre-registration required)</u> 1:00pm Beginner Line Dancing</p>	<p>Senior Center Hours of Operation 9:00am-3:30pm For additional information please stop by the Pelham Senior Center or call 205-620-6064</p>		