

# EXPLORE



## Event Details

2023 Pelham Polar Plunge

Saturday, January 21

12:00 pm - Check-in/activities begin

1:50 pm - Safety briefing

2:00 pm - Polar Plunge

Oak Mountain State Park,  
200 Terrace Dr., Pelham, AL 35124

### Registration Details:

- Advance: \$35\*

(T-shirt size guaranteed)

- Day of Event: \$45\*

(T-shirt size NOT guaranteed)

*\*A minimal processing fee is added to ensure your full donation goes to Special Olympics Alabama*

Register on the  
[Pelham PD Website](#)

## PELHAM POLAR PLUNGE

### Event Supports Special Olympics Alabama

When hundreds of people line up to take a brave plunge into the icy waters of Oak Mountain State Park, it won't just be about bragging rights. The Pelham Police Department hosts the annual Pelham Polar Plunge, a Law Enforcement Torch Run event that supports Special Olympics Alabama. "The money raised provides year-round sports training, competition, and leadership opportunities to more than 15,000 athletes in our state," said Lt. Mike Williams.

"The Pelham Polar Plunge is just as much about raising awareness as it is fundraising," explained Officer Iliana Hayakahua. "For over 50 years, Special Olympics has been building a movement to break down barriers for people with intellectual and developmental disabilities - both on and off the field - through the power of sport."

"Over the last few years, the Pelham Polar Plunge has grown into one of the most anticipated community events of the year, averaging 250 participants. The men and women of Pelham PD invite you to support the cause and take the plunge. "Form a team or challenge a friend to plunge with you," said Officer Hayakahua. "Some dress in fun costumes or wear similar colors. Use your imagination and be creative," she added.

Everyone is welcome to attend. Food will be available for purchase from local food truck vendors, and you have a chance to win some cool prizes.



## Marathon Month Challenge

Pelham Parks & Recreation has a challenge for you. Marathon Month is a program designed to motivate Parks & Rec members to run the distance of a marathon or greater throughout the month of January. Each participant decides which challenge to pursue: a half marathon (13.1 miles), a full marathon (26.2 miles), and an Ultramarathon (31.1 or more miles), with a goal of completing the challenge within six weeks. Tabitha Dudley with Pelham Parks & Rec said the process is easy. "At the beginning of the challenge, you will choose which goal you want to pursue. At the end of each workout, you will record your miles in our record book." She goes on to say, "Fitness challenges are a good way to keep goals on track. They're fun, and seeing others working hard to achieve a goal can be extremely motivating." The challenge begins on January 9th, and participants will receive a t-shirt upon completion.



## Year-Round Fitness Focus

Pelham Parks & Recreation offers many ways to stay physically and mentally fit throughout the year. Unlimited fitness classes are included with the cost of a Rec Center membership. Non-members pay a small fee for each class attended. Here are some examples:

**Barre** - A low-impact, energizing workout that has proven to create long, lean, powerful muscles and increase flexibility.

**Body Sculpt** - A low-impact format that defines your entire body with an emphasis on the shoulders, arms, core, and glutes.

**In-Trinity Warrior 1** - This class is designed to increase dynamic mobility and functional strength by emphasizing larger movements, increased repetitions, and slightly faster pacing.

**Rev + Flow** - A high-intensity, low-impact workout focusing on strength, balance, flexibility, and mobility.

**Silver Sneakers/Renew Active Exercise** - This class is designed to increase muscle strength, and range of movement and improve activities for daily living (65+)

**Silver Sneakers/Renew Active Yoga** - This class will move your whole body through a complete series of seated and standing yoga poses (65+)

**Yoga** - This readily accessible vinyasa flow class mixes the power of physical yoga poses (asanas), deep breathing, and mindfulness to take you on a journey to open your heart, quiet your mind, and renew your spirit.

### Closings & Special Hours

#### Martin Luther King Jr. Day

January 16, 2023

**Pelham City Hall & City Offices - CLOSED**

**Pelham Public Library - CLOSED**

**Pelham Racquet Club - 9:00 AM - 3:00 PM**

**Ballantrae Golf Club - Normal Hours/Holiday Rates Apply**

**Pelham Civic Complex & Ice Arena - Normal Hours**

**Pelham Senior Center - CLOSED**

**Pelham Recreation Center - 8:00 AM - 4:00 PM**

**AmWaste Garbage Collection - Routes Run as Scheduled**

# HAPPENING IN PELHAM



## Tennis is for Everyone!

Learn to play or sharpen your skills in 2023!  
Lessons for all ages at Pelham Racquet Club  
[Learn more - click here](#)

**Learn to Play**  
Mondays, 6:30 pm

**Beginner Youth Clinics**  
Ages 7-14  
Tuesdays/Thursdays, 5:30 pm  
Wednesdays, 4:30 pm

**Ladies Beginner Clinics**  
Thursdays, 11:00 am

**2.5/3.0 Clinics**  
Tuesdays, 6:30 pm



## THURSDAYS IN JANUARY

5:00 PM - 6:00 PM

### Knit-Teen for a Good Cause

This group of teens will knit scarves and other items to donate to a local shelter. Yarn and needles will be provided.

All experience levels welcome.  
Registration required. [Click here.](#)

## THURSDAY | JANUARY 5

6:45 PM - 7:45 PM

### Little Toros

Little Toro's Learn to Skate will offer basic skating skills before entering the Learn to Play program. Sponsored by the Birmingham Bulls and Pelham Hockey. Lessons are held at Pelham Civic Complex and Ice Arena.

Eight-week program  
Register and learn more at [www.pelhamhockey.net](http://www.pelhamhockey.net)

## TUESDAYS IN JANUARY

11:00 AM OR 2:00 PM

### 1 on 1 Tech Help

Need help with a computer, laptop, tablet, or phone?  
Sign up for a 30-45 minute session with the Pelham Public Library's Technology Librarian.

Free - Registration is required. Call 205-620-6418 or [sign up online here.](#)

## THURSDAY | JANUARY 5

10:00 AM - 3:00 PM

### American Red Cross Blood Drive

Give the gift of life and enter to win a trip for you and a guest to Super Bowl LVII in Phoenix! The Blood Drive will be held at the Pelham Public Library.

[Register here for a specific donation time.](#)

## Pelham Parks & Recreation Spring Youth Sports Registration

BASEBALL  
T-BALL  
SOFTBALL  
SOCCER

Registration Deadline  
January 22, 2023

[Click here for information](#)



# HAPPENING IN PELHAM



## FRIDAY | JANUARY 6

10:30 AM - 11:30 AM

### Crochet

Crochet with your friends at the Pelham Senior Center. First, third, and fifth Fridays of each month. Cost varies.

Ages 55+

Call 205-620-6064 to register.

## SUNDAY | JANUARY 8

7:00 PM - 9:00 PM

### Themed Public Skate: Back to School

Christmas break is over, but the fun is still in full swing. Join us for a themed public skate in the main arena of the Pelham Civic Complex & Ice Arena.

\$10 for admission and skate rental

[See full details here.](#)

## MONDAY | JANUARY 9

6:00 PM

### Adult Craft Workshop

Learn how to make embroidery journals using miniature embroidery techniques. All abilities are welcome. Pelham Public Library.

Seating is limited. [Please register here.](#)

## MONDAY | JANUARY 9

1:00 PM - 2:30 PM

### Crafting Together

Pelham Senior Center hosts Crafting Together each month. Cost varies according to the project.

Ages 55+

Call 205-620-6064 to register.

## MONDAY | JANUARY 9

6:45 PM - 7:45 PM

### Learn to Skate Sessions Begin

The Pelham Civic Complex & Ice Arena offers skating classes for all ages.

Eight-week program

Class dates, times, and costs can be found [here](#).

## THURSDAY | JANUARY 12

10:00 AM

### Pelham Garden Club

The Pelham Garden Club is open to adults interested in all areas of gardening. The January topic is Basic Landscaping Skills. There's no cost. Pelham Public Library.

Questions? Call 205-620-6418.

## THURSDAY | JANUARY 12

6:00 PM - 7:30 PM

### Poetry Night Hosted by Poet Jamil

Poetry Night is a live show where audience members may perform their poetry. No experience is necessary. Passive listeners are invited, with no pressure to share. Pelham Public Library, Roberts Room B. There's no cost to attend.

[Registration](#) is encouraged but not required.

## SATURDAY | JANUARY 14

11:30 AM

### Book Event - "From the Pit to the Plate: The Story of Bob Sykes Bar-B-Q"

The Bob Sykes family tells the story of how the famous restaurant has kept a family-owned local tradition since 1957. Free bar-b-que sliders.

Seating is limited.

[Register here](#) to reserve a seat.

# HAPPENING IN PELHAM



## SUNDAY | JANUARY 15

1:00 PM - 4:00 PM

### Pelham Get Out and Skate Day

Enjoy a free figure skating exhibition from 1:00 pm - 1:45 pm, and free public skating and lessons from 2:00 pm - 4:00 pm.

Free  
[Pelham Civic Complex & Ice Arena](#)

## MONDAY | JANUARY 23

6:00 PM - 7:30 PM

### STEM Family Night: Snow Globes

Children aged 8-12 and their family members will work together to create a snow globe. Light dinner and snacks are provided during the first 30 minutes of the event.

Space is limited.  
[Register here](#), or [email the Tech Librarian](#) with questions.

## MONDAY | JANUARY 16

8:30 AM - 9:45 AM

### Men's Breakfast Club

Join the men of the Pelham Senior Center for the Men's Breakfast Club, held on the 3rd Monday of each month. We visit various local restaurants.

Ages 55+  
Cost: \$1.00, plus purchase your breakfast  
Call 205-620-6064 to sign up.

## THURSDAY | JANUARY 19

10:00 AM

### Understanding Medicare Seminar

Learn to navigate the often confusing process of Medicare. The seminar is presented by Linda Reynolds, an independent insurance agent with 15 years of experience. Pelham Public Library.

Free & open to the public.  
[Register here](#) to reserve a seat, or call 205-620-6418.



## January 2023 Home Games

Pelham Civic Complex & Ice Arena

**Thursday, January 5, 7:00 pm**

vs. Evansville Thunderbolts

College Student Discount Night + Unused Ticket Night

**Saturday, January 7, 7:00 pm**

vs. Pensacola Ice Flyers

Kids Jersey Night (Age 14 & under; first 1,000)

**Friday, January 13, 7:00 pm**

vs. Evansville Thunderbolts

Star Wars Night / Specialty Jersey Auction

**Monday, January 16 - 1:00 pm**

vs. Huntsville Havoc

MLK Day Game/Mini Stick Giveaway/Zooperstars

**Friday, January 27 - 7:00 pm**

vs. Quad City Storm

Scout Night - Bulls Merit Badge for Scouts

**Saturday, January 28 - 7:00 pm**

vs. Quad City Storm

Adult Jersey Night (Age 15 and up; first 1,000)

Tickets at [www.bullshockey.net](http://www.bullshockey.net)