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PELHAM RECREATION

So Many Opportunities to Get Out & Enjoy!

Pelham has a wide range of recreational opportunities for all ages and interests. This fall, the Pelham Racquet Club, Ballantrae Golf Club, Pelham Parks & Recreation, and the Pelham Civic Complex & Ice Arena will help you connect with activities you'll enjoy. Let's take a look:

PELHAM RACQUET CLUB

Yoga

Autumn arrives with a smash at PRC. You can take advantage of yoga classes designed especially for athletes. Yoga helps increase flexibility and strength, improve focus and breath, reduce stress and anxiety, prevent injuries, and ultimately improve your game and overall health.

The Pelham Racquet Club realized the need for these yoga classes. "Sports create asymmetries in our bodies because they are usually one-side dominant. Yoga helps us find those imbalances and apply poses specifically designed to alleviate the strain on other body parts," said PRC Director Chaney Mills.

PRC will offer three classes: Tennis yoga, yoga flow, and stretch. Tennis Yoga is basic yoga that improves flexibility, strength, core, and balance. This class focuses on common tennis-related injuries or imbalances to prevent injury and improve your game.

(This article continues on the next page.)



Yoga Flow is a Hatha-style yoga practice that uses deep breathing, standing, and seated poses to improve stretching, strength, and balance.

Stretch is a 45-minute beginner class emphasizing strengthening and lengthening muscles.

You can visit the [Pelham Racquet Club's website](#) for a complete schedule of class times and costs.

Junior Match Play Days

A fall favorite is back at Pelham Racquet Club. Beginning September 22, Junior Match Play Days will occur each Sunday at 1:30 p.m. for six weeks. Players who sign up are assigned a match time and will compete against another player of a similar skill level. Each week, PRC pros record players' results and adjust them up or down the ladder accordingly. You don't have to commit to a league; the fee is affordable. The goal is to provide more opportunities for local juniors to participate in organized match play. [Sign up online.](#)



BALLANTRAE GOLF CLUB

Get Golf Ready

Get in the swing of golf with Get Golf Ready classes at Ballantrae Golf Club. The clinics are held on Saturdays in September from 10:00 a.m. to 11:00 a.m. Participants will learn golf basics, such as putting, chipping, and full swing. The \$100 per person fee covers all four clinics. Register in the Golf Shop or call 205.620.4654 (option 1).

Drive & Dine Golf Clinic

Ladies, this one is for you! Ballantrae Golf Club's Drive and Dine event is Wednesday, September 18th, at 6:00 p.m. The free full-swing clinic is just for women, with food and drinks following the instructions. Register by September 17 by calling the Golf Shop at 205.620.4653 (option 1).

PELHAM PARKS & RECREATION

Fitness Classes

A new season of adult fitness classes begins September 3 at the Pelham Recreation Center. Group classes include Barre, Body Sculpt, Boot Camp, In-Trinity Warrior 1, Power Sculpt, Rev + Flow, Yoga, and Zumba. For those age 65+, Silver Sneakers Renew Active Exercise Class and Silver Sneakers Renew Active Yoga are also available. Group classes are free for Recreation Center members and \$5 per class for non-members. Online and in-person registration begins one week before the class starts. Visit the Pelham Parks & Recreation website to learn more or to register.



(This article continues on the next page.)



Basketball Registration

Make plans for your child to participate in youth basketball at Pelham Parks & Recreation. Early bird registration opens September 2nd and goes through October 7th. Late registration is available October 8-14 with a late fee. The sport is open to boys and girls in grades 3-6. The cost is \$145 per child.

Games and practices will be held during the week against teams from various locations in our area. Boys' games will primarily be on weekdays, and girls' games will usually be on Saturdays. Player evaluations will be held on October 19th at the Pelham Recreation Center, and practices will begin in early November.

Our recreation coordinators are happy to answer any questions you may have. For more information on girls' basketball, [email Jared Thornton](#), and for boys' basketball, [email Charlie Sanders](#). Visit the [Pelham Parks & Recreation website](#) to register.



Fall Youth Lacrosse Clinic

Come out and try one of the most action-packed sports in the world! Pelham Parks & Recreation, in partnership with the Greater Birmingham Youth Lacrosse Association (GBYLA), wants to help grow the sport in our community for all girls and boys.

The clinic is Saturday, September 21, from 11:30 a.m. to 1:00 p.m. Boys and girls aged 8 to 13 are eligible to participate. The cost is \$5 per child.

Participation does not require equipment. All equipment will be provided at the clinic. However, be sure to bring your water bottle.

Participants will learn and practice ball, stick, and footwork skills and techniques. We'll offer plenty of fun teamwork games to practice these skills. In-person and online registration is now open. For additional information or any questions, please [email Recreation Coordinator Jared Thornton](#). Learn more about GBYLA by visiting their website.



Salsa in the Park Returns

Pelham Parks & Recreation is bringing back a high-energy, fun event for the entire family. Salsa in the Park will be held on Sunday, September 22nd, from 4:00 p.m. to 7:00 p.m. at Pelham City Park. According to Alicia Walters, Assistant Director of Pelham Parks & Recreation, the event will offer plenty of activities. "This three-hour event will be packed with fun for all ages. We'll have free Salsa dance lessons, social dancing, Zumba, a Taekwondo demonstration, live entertainment with Enimer, bounce houses, face painting, and a balloon artist."

Walters is excited about this year's Community of Hope Health Clinic partnership. "The CHHC is sponsoring a salsa/dip competition; all proceeds benefit the clinic. They will also have their mobile clinic on site and hope to bring awareness to their services."

Local vendors who enter the competition will provide samples for public voting. The cost to participate in the tasting is \$10 per person. "The \$10 tasting fee includes a wristband and five tickets to taste four samples. Participants will use the fifth ticket to cast their vote," explained Walters.

"Pelham Parks & Recreation strives to offer a variety of community events," said Walters. "We love seeing people visit our parks and enjoy being outside with family and friends. Everyone is welcome."

Schedule of Events:

4:00 p.m.	Welcome Salsa/Dip Contest
4:05 p.m.	Zumba Fun
4:15 p.m.	Salsa Lessons
4:40 p.m.	Social Dance Taekwondo Demonstration
5:30 p.m.	Zumba Fun
5:45 p.m.	Live Entertainment
6:00 p.m.	Salsa Lessons
6:30 p.m.	Social Dance Taekwondo Demonstration
7:00 p.m.	Good night & see you next year!





This Month at the Library

One glance at the Pelham Public Library's calendar, and you'll see exciting programs scheduled almost daily for a wide range of ages and interests. Be sure to look at [the complete September schedule here.](#)

Here are two programs to note:

F. Scott Fitzgerald's Alabama Connections

Saturday, September 28, 2024

1:00 p.m. - 2:00 p.m.

F. Scott Fitzgerald is considered one of the greatest American authors ever. With the work "The Great Gatsby," Fitzgerald became an overnight success, a novel that continues to be read and studied by students worldwide. What most people do not know about Fitzgerald is that the State of Alabama shaped him. Fitzgerald spent time in the military in Alabama and married Montgomery socialite Zelda Sayre. The only museum in the world dedicated to the Fitzgeralds is in Montgomery, Alabama. When studying Fitzgerald's works, it's essential to understand Zelda and her family's impact on Fitzgerald's life and writing. One will better comprehend the great man's writings by looking at his Alabama connections and their influences on Fitzgerald. "F. Scott Fitzgerald's Alabama Connections" is a program that explores just that. Admission is free and is presented by Professor Mollie Smith-Waters through the Alabama Humanities Alliance. Learn more.

Virtual Book Clubs & Author Talks

The Pelham Public Library continues its series of virtual book clubs and author talks. When you register, you can join the conversation from any computer at any location:

September 10 | 1:00 p.m. - 2:00 p.m. | Register
Capturing the Human Drama Through History
with Garrett Graff

September 18 | 1:00 p.m. - 2:00 p.m. | Register
Living With an Expansive Mind in a Distracted World
with Nate Klemm

September 21 | 6:00 p.m. - 7:00 p.m. | Register
A Deep Dive in Character Development
with Laine Moriarty

Virtual Author Events



Garrett Graff



Nate Klemm



Laine Moriarty

HAPPENING IN PELHAM



SUNDAY | SEPTEMBER 1 8:00 A.M. | OAK MOUNTAIN STATE PARK Nature Scavenger Hunt

Explore OMSP in a whole new way with a nature scavenger hunt! Take in the views as you play your way through the park. Pick up your hunt sheet at the Park Office.

Park entrance fees apply | All ages are welcome
Learn more on the [OMSP Facebook event page](#).

SUNDAY | SEPTEMBER 1 2:00 P.M. | OAK MOUNTAIN STATE PARK Bluegrass at the Park

Join us at the Peavine Falls Pavilion for our first bluegrass jam! This low-key gathering allows artists & fans to connect. Bring your instrument and a folding chair.

Park entrance fees apply | Open to all
Learn more on the [OMSP Facebook event page](#).

FRIDAY | SEPTEMBER 6 7:00 P.M. | PHS FOOTBALL STADIUM Pelham Panthers vs. Chelsea Hornets

The Pelham High School Panthers football team takes on Chelsea in a home game at PHS stadium. The Panthers hope to repeat last year's victory over the Hornets.

Admission is \$12 | All fans welcome
Read game day information on the [PHS athletics website](#).

SUNDAY | SEPTEMBER 8 10:00 A.M. | OAK MOUNTAIN STATE PARK Fairy Houses in the Forest

Let your imagination run wild as you build a sweet fairy cottage from natural materials. You are encouraged to bring materials from your home/yard for your decorations.

Park entrance fees apply | No pets. Accessible.
Learn more on the [OMSP Facebook event page](#).

WEDNESDAY | SEPTEMBER 11 10:00 A.M. | PELHAM SENIOR CENTER Crafting Together

Get creative and have fun making crafts with your friends! All supplies are provided, and you don't need any experience. Space is limited.

Age 55+ | Prices vary
Please call the Pelham Senior Center at 205.620.6064.

THURSDAY | SEPTEMBER 12 10:00 A.M. | PELHAM PUBLIC LIBRARY Pelham Garden Club

The Pelham Garden Club is open to adults interested in all aspects of gardening. A Pelham residence is not required. Each month, a guest speaker presents a different program.

All adults are welcome. | Free
Learn more about it on the [Pelham Public Library website](#).

HAPPENING IN PELHAM



FRIDAY | SEPTEMBER 13 10:00 A.M. | BALLANTRAE GOLF CLUB Callaway Performance Fitting

Sign up for an on-site fitting from Callaway experts. Appointments are available for a full bag, multiple club types, irons, or a single club type.

Free | Appointments 10:00 a.m. to 2:00 p.m.
Make an appointment on the [Ballantrae Golf Club website](#).

SATURDAY | SEPTEMBER 14 6:30 A.M. | BALLANTRAE GOLF CLUB Pancake Buffet

Start your Saturday with a delicious pancake buffet at Ballantrae. The buffet includes pancakes, scrambled eggs, two types of sausage, grits, and tea or coffee.

\$10 for adults, \$6 for kids 5 & under
Buffet available 6:30 a.m. to 10:00 a.m.

SATURDAY | SEPTEMBER 14 11:00 P.M. | OAK MOUNTAIN STATE PARK Birds on the Boardwalk

Join us and learn all about the residents of the Treetop Nature Trail and hear stories of how they arrived at the park, funny facts, and more.

Park entrance fees apply | All ages are welcome
Learn more on the [OMSP Facebook event page](#).

MONDAY | SEPTEMBER 16 8:30 A.M. | PELHAM SENIOR CENTER Men's Breakfast Club

Calling all men! Enjoy the breakfast offerings at local restaurants with your friends. The food is excellent, and the conversations are even better.

Age: 55+ | \$1, plus bring money for breakfast
Please call the Pelham Senior Center at 205.620.6064.

TUESDAY | SEPTEMBER 17 10:00 A.M. | PELHAM SENIOR CENTER Mixed Media Art/Painting

Sandy Johnson's class allows you to express your artistic side. All supplies are provided, and you don't need any experience. Space is limited.

Age 55+ | \$10 per class
Please call the Pelham Senior Center at 205.620.6064.

WEDNESDAY | SEPTEMBER 18 10:00 A.M. | PELHAM PUBLIC LIBRARY American Red Cross Blood Drive

The need for blood is constant; only volunteer donors can fulfill our community's needs. Nationwide, someone needs a unit of blood every two to three seconds.

Donate between 10:00 a.m. and 3:00 p.m.
Register with the American Red Cross [using this link](#).

HAPPENING IN PELHAM



THURSDAY | SEPTEMBER 19 10:00 A.M. | PELHAM SENIOR CENTER Baking Class

Teresa Cooper with Siggis Table will teach you how to make delicious baked goods. All supplies are provided, and you don't need any experience. Space is limited.

Age: 55+ | \$10 per class
Please call the Pelham Senior Center at 205.620.6064.

THURSDAY | SEPTEMBER 19 10:00 A.M. | PELHAM PUBLIC LIBRARY The ABC & D's of Medicare

Medicare is often confusing, but Karen Haiflich explains complex issues such as its parts, enrollment, and more. Get the facts on this complex program.

This seminar is free & open to the public.
You can learn more on the [Pelham Public Library website](#).

THURSDAY | SEPTEMBER 19 1:00 P.M. | PELHAM SENIOR CENTER Creative Card Making

Get ready to spread kindness! You will have fun making your own set of five greeting cards. All supplies are provided, and you don't need any experience.

Age: 55+ | \$10 per class
Please call the Pelham Senior Center at 205.620.6064.

THURSDAY | SEPTEMBER 19 4:30 P.M. | PELHAM PUBLIC LIBRARY Friendship Bracelet Workshop

Bring your besties and make your own friendship bracelets. Listen to pop music and have lots of fun! Registration required.

Teens 6th grade through 12th grade.
Check out the [Pelham Public Library website](#) for details.

SATURDAY | SEPTEMBER 21 5:30 A.M. | OAK MOUNTAIN STATE PARK Sunrise Hike to King's Chair Overlook

Greet the sun as David Graves guides you on an unforgettable hike to experience Pelham's most breathtaking view.

Important hike details can be found on the [Facebook event page](#). The hike is weather-dependent.

SUNDAY | SEPTEMBER 22 2:00 P.M. | OAK MOUNTAIN STATE PARK Amazing Amphibians

Check out some amazing amphibians and learn what makes them super slimy and spectacular! Register to pay gate fees ahead of time.

Park entrance fees apply. | All ages are welcome.
You can learn more on the [OMSP Facebook event page](#).

HAPPENING IN PELHAM



TUESDAY | SEPTEMBER 24 5:30 P.M. | PELHAM SENIOR CENTER Evening Watercolor Painting

Create lovely watercolor paintings with Mary Weller. All supplies are provided, and you don't need any experience. A morning class is also available at 10:00 a.m.

Age 55+ | \$10 per class | Space is limited.
Please call the Pelham Senior Center at 205.620.6064.

THURSDAY | SEPTEMBER 26 10:00 A.M. | PELHAM SENIOR CENTER Pottery Class

Create your own masterpiece as The Potter and The Clay guides you through the steps. All supplies are provided, and you don't need any experience. Space is limited.

Age 55+ | Cost varies.
Please call the Pelham Senior Center at 205.620.6064.

SATURDAY | SEPTEMBER 28 10:00 A.M. | OAK MOUNTAIN STATE PARK Hike with Mike: Endangered Oaks & Porter's Sunflowers

Join Mike Ezell, Park Naturalist Emeritus, for an easy hike to a unique habitat where you can see the endangered Alabama Sandstone Oaks and Porter's Sunflowers.

You can learn more on the [OMSP Facebook event page](#).

SATURDAY | SEPTEMBER 28 11:00 A.M. | OAK MOUNTAIN STATE PARK All About Fall Colors: The Science of Autumn Leaves

Learn how the gorgeous fall colors show up year after year as nature's own art. Meet at OMSP Interpretative Center.

Check out the [OMSP Facebook event page](#) to learn more.

SUNDAY | SEPTEMBER 29 11:00 A.M. | OAK MOUNTAIN STATE PARK #WorldRiversDay - Build Your Own Watershed!

Celebrate World Rivers Day at OMSP. Learn about the importance of clean rivers and watersheds, followed by a DIY watershed-building activity.

Meet at the OMSP Interpretive Center
Learn more on the [OMSP Facebook event page](#).



Coming This Fall



PELHAM POLICE DEPARTMENT
NATIONAL NIGHT OUT
TUESDAY, OCTOBER 1ST
6:00 P.M. - 8:00 P.M.
PELHAM CITY PARK

FUN FOR ALL!

- ★ Free hot dogs (white supplies limit)
- ★ Police & fire equipment
- ★ Music
- ★ Kids' activities
- ★ Over 40 local organizations

FREE!



SCARECROWS
In the Park

CALL FOR ENTRIES

[Follow this link to learn more.](#)

THE CITY OF PELHAM
PARKS & REC



MUSIC
IN THE PARK

OCTOBER 6 - OPOV BAND
OCTOBER 13 - THE NEGOTIATORS

4:30 P.M. - 6:00 P.M.
PELHAM CITY PARK



FALL FUN DAY + MUSIC IN THE PARK
FALL-O-WEEN
10.20.2024
1:30 p.m. - 6:00 p.m.

Pelham City Park

- Live Music
1:30 p.m. - 3:00 p.m.
The Gore Brothers
4:00 p.m. - 6:00 p.m.
Black Sedan Band
- Kids Zone
- Knocker Ball
- Trick or Treat Trail
- Children's Market