

# Pelham



## **PARKS & RECREATION GUIDE**

*April-August 2020*

# WHAT IS PELHAM PARKS & RECREATION?

## CONTACT INFORMATION

300 Ballpark Road  
Post Office Box 1419  
Pelham, Alabama 35124  
[pelhamalabama.gov/228/Parks-Recreation](http://pelhamalabama.gov/228/Parks-Recreation)  
(205) 620-6426

## FACILITIES

For more information on the City of Pelham library services and other recreation options please visit:

**Ballantrae Golf Club** | [www.ballantraegolf.com](http://www.ballantraegolf.com)

**Pelham Civic Complex and Ice Arena** | [www.pelhamciviccomplex.com](http://www.pelhamciviccomplex.com)

**Pelham Public Library** | [www.pelhamlibrary.com](http://www.pelhamlibrary.com)

**Pelham Racquet Club and Tennis Center** | [pelhamracquetclub.com](http://pelhamracquetclub.com)

## STAFF DIRECTORY

**D. Tyrell McGirt**, Director | [dtmcgirt@pelhamalabama.gov](mailto:dtmcgirt@pelhamalabama.gov) | (205) 620-6426

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**Jesse Killingsworth**, Front Desk/Facility Support | [jkillingsworth@pelhamalabama.gov](mailto:jkillingsworth@pelhamalabama.gov) | (205) 620-6426

## SENIOR CENTER

Senior Center provides opportunities for individuals 55 and older living in Pelham and Shelby County to improve their talents, enrich their minds, give service in the community, develop meaningful friendships, and help maintain physical health through health and wellness.

### Hours of Operation

Mondays - Fridays      9:00 a.m. - 3:30 p.m.





## RECREATION CENTER

### Hours of Operation

Sundays	1:00 p.m. - 6:00 p.m.
Mondays – Thursdays	7:00 a.m. - 9:00 p.m.
Fridays	7:00 a.m. - 8:00 p.m.
Saturdays	7:00 a.m. - 6:00 p.m.

### Membership Information

- Individual - \$100/yr. or \$10/mo. (must be a resident of Pelham and at least 19 years of age)
- Family Membership - \$200/yr. or \$20/mo. (must be a resident of Pelham; includes all members living in the same home)
- Corporate Membership - \$200/yr./individual (must be employed with a business or organization in Pelham)

### Reservation & Rental Information

Facility Use	Cost	Security Deposit
Recreation Center*	\$2,540/day	\$625 security deposit due 60 days prior to event
Recreation Center Gymnasium - 2 Regulation Courts*	\$200/hr. or \$750/day + \$40/hr. for Site Supervisor	\$50 security deposit due 30 days prior to event
Recreation Center Gymnasium - 1 Regulation Court*	\$140/hr. or \$500/day + \$40/hr. for Site Supervisor	\$50 security deposit due 30 days prior to event
Recreation Center Conference Room	\$40/hr.	\$25 security deposit due 30 days prior to event
Recreation Center Multipurpose Room (Half)	\$40/hr.	\$25 security deposit due 30 days prior to event
Recreation Center Multipurpose Room (Whole)	\$75/hr.	\$25 security deposit due 30 days prior to event
Baseball/Softball Field Complex*	\$600/day + \$40/hr. for Site Supervisor	\$200 security deposit due 30 days prior to event
Baseball/Softball Field Complex - Individual Field	\$80, 2-hr time blocks	
City Park Baseball Pavillion	Free, 2 hrs max.	Reservation Required
City Park Outdoor Sports Pavillion	Free, 2 hrs max.	Reservation Required
*Site Supervisor Required		



## FITNESS

### SILVER SNEAKERS

**Day:** Daily  
**Dates:** April 1 - August 31  
**Cost:** FREE  
**Time:** Recreation Center Hours of Operations  
**Age:** 65 & Up

**Location:** Pelham Recreation Center

A health and fitness program for senior adults. Walk the indoor track or use the equipment during normal operating hours at the Pelham Recreation Center.

### IN-TRINITY WARRIOR 1

**Day:** Wednesdays  
**Dates:** April 1 - August 26  
**Cost:** \$5  
**Time:** 5:30 p.m. - 6:30 p.m.  
**Age:** 14 & Up

**Location:** Pelham Recreation Center

Increase flexibility, increase lean muscle mass, build a stronger heart, and relieve body aches and pains with In-Trinity Warrior 1. During In-Trinity, participants move through traditional Yoga stretches and Martial Arts agility sequences while elevated on a unique fitness board. This class is for all fitness levels.

### REFIT

**Day, Dates, & Times:**

Thursdays; April 2 - August 27; 6:30 p.m. - 7:30 p.m.

Saturdays; April 4 - August 29; 8:30 a.m. - 9:30 a.m.

Tuesdays; April 7 - August 25; 5:30 p.m. - 6:30 p.m.

**Cost:** \$5/Class

**Age:** 14 & Up

**Location:** Pelham Recreation Center

Come relieve stress, sweat, learn new moves, and get to know someone new. REFIT is a fun dance fitness class designed for all ages and fitness levels.

### CYCLE

**Day:** Thursdays  
**Dates:** April 2 - August 27  
**Cost:** \$5  
**Time:** 5:30 p.m. - 6:30 p.m.  
**Age:** 14 & Up

**Location:** Pelham Recreation Center

Indoor cycling is a cardiovascular workout designed to make you sweat and burn some major calories. Participants will pedal through hills, intervals, sprints, and other challenging drills. Expect upbeat music that will keep you motivated and energized!

### REV + FLOW

**Day, Dates, & Times:**

Thursdays; April 2 - August 27; 8:45 a.m. - 9:45 a.m. and 5:45 p.m. - 6:45 p.m.

Tuesdays; April 7 - August 25; 8:45 a.m. - 9:45 a.m. and 6:30 p.m. - 7:30 p.m.

**Cost:** \$5/Class

**Age:** 14 & Up

**Location:** Pelham Recreation Center

Designed to improve balance, flexibility and muscle tone, Rev + Flow is a high intensity-low impact class. No running, jumping, and pounding of joints is involved. Come enjoy fitness moves, with or without weights, and floor exercises.

### YOGA

**Day:** Mondays  
**Dates:** April 6 - August 31  
**Cost:** \$5  
**Time:** 5:30 p.m. - 6:30 p.m.  
**Age:** 14 & Up

**Location:** Pelham Recreation Center

This readily accessible vinyasa flow class mixes the power of physical yoga postures (asanas), deep breathing and mindfulness to take you on a journey to open your heart, quiet your mind, and renew your spirit. All levels, all bodies, and all types are welcome.



## WALK TOGETHER

**Day:** Tuesdays  
**Dates:** April 7 - May 26  
**Cost:** FREE  
**Time:** 9:00 a.m.  
**Age:** All Ages

**Location:** Pelham City Park (outside)

Do you want to help improve your mood, strengthen your muscles and increase your balance? Do you want to meet new friends? Come walk every Tuesday at 9:00 am at Pelham City Park. You will meet at the outdoor pavilion by the volleyball courts. You can walk at your own pace and distance. Wear comfortable shoes and come meet new friends. No pre-registration required.

## BARRE

**Day:** Tuesdays  
**Dates:** April 7- August 25  
**Cost:** \$5  
**Time:** 5:30 p.m. - 6:30 p.m.  
**Age:** 14 & Up

**Location:** Pelham Recreation Center

Barre is a low impact, energizing workout that has proven to create long, lean, powerful muscles and increase flexibility. Classes include the use of the ballet barre, hand weights, resistance bands, and exercise balls. Exercises typically focus on small, pulsing movements with emphasis on form, alignment, and core engagement. All levels are welcome and encouraged!

## YOGA IN THE PARK

**Day:** Saturdays  
**Dates:** April 18, 25, May 2, 9  
**Time:** 9:00 a.m. - 10:00 a.m.  
**Cost:** FREE  
**Age:** 8 & older

**Location:** Pelham City Park (outside)

Come join us for this 4 week outdoor Yoga in the Park program. Yoga practice helps reduce stress and tension and improve balance, flexibility and core strength. No experience is needed for this FREE morning exercise class. Please bring a yoga mat or beach towel and water. Classes cancelled due to rain will not be rescheduled. No pre-registration required.

**All activities are open to Pelham residents and non-residents.**

**If you have any questions or need additional information, please contact Alicia Walters, Assistant Director of Parks and Recreation, at 205-620-6426.**



# ATHLETICS AND SPORTS

## PICKLEBALL

**Day:** Tuesday  
**Dates:** April 7 - May 26  
**Cost:** Free  
**Time:** 9:00 a.m. - 12:00 noon  
**Age:** 14+

**Location:** Pelham Recreation Center Outdoor Courts

Pickleball is one of the fastest growing sports in the U.S. It is easy to learn and fun to play. Join us for pickup games from 9 a.m.-12 p.m. every Tuesday morning. Equipment is available for use at the Recreation Center front desk. All skills are welcome.

**Registration:** No pre-registration required.

## ADULT BASKETBALL

**Day:** Tuesday or Thursday  
**Dates:** June 2 - July 23  
**Cost:** \$500 per Team  
**Time:** Evenings  
**Age:** 18+

**Location:** Pelham Recreation Center

Games will begin the week of June 1. End of the season tournaments will begin the week of July 27. There will be no games the week of July 4. Team spots will be first come first serve and payment must be made in full. Team roster and waiver forms must be signed and turned into the Pelham Recreation Center by May 22. You may register your team online or in person at the Pelham Recreation Center. Individuals who would like to register to be placed with a team please, contact the Pelham Recreation Center.

**Registration:** April 13 - May 22

## PELHAM YOUTH TACKLE FOOTBALL

**Day:** Varies  
**Dates:** July 24 - November 14  
**Cost:** \$180.00  
**Time:** 6:00 p.m. or 7:15 p.m.  
**Age:** Entering grades 1st-6th

**Location:** Multiple Parks

Games are played during the week (no Saturday games) against teams from surrounding communities. Players will receive a uniform, and when wearing their jersey, will be admitted free to Pelham High School home football games.

**Registration:** April 20 - May 31

## PELHAM YOUTH CHEER

**Day:** Varies  
**Dates:** July 24 - November 14  
**Cost:** \$180.00  
**Time:** 6:00 p.m. or 7:15p.m.  
**Age:** Entering grades 1st - 6th

**Location:** Multiple Parks

Games are played during the week (no Saturday games) against teams from surrounding communities. Cheerleaders will receive a uniform and cheer camp shirt. When wearing their camp shirt, they will be admitted free to Pelham High School home football games.

**Registration:** April 20 - May 31

**If you have any questions or need additional information, please contact Scott Verner, Athletic Manager, at (205) 358-0052.**



## PELHAM YOUTH VOLLEYBALL

**Day:** TBD  
**Dates:** August - October  
**Cost:** TBD  
**Time:** 6:00 p.m. or later  
**Age:** Entering grades 3rd-8th  
**Location:** TBD

Games and practices are played during the week (no Saturday games). The Program will be run by the Pelham Park & Recreation Department with the guidance of the Middle School and High School Coaches.

**Registration:** July 27 - August 21

## PELHAM FALL YOUTH BASEBALL

**Day:** Any  
**Dates:** September 21 - October 30  
**Cost:** TBD  
**Time:** 6:00 p.m. - 7:30 p.m.  
**Location:** Multiple Parks

Fall baseball is a less competitive learning program. Participants must be between the ages of 5-14 by May 1, 2021. Games will be played in the evening during the week.

**Registration:** August 3 - August 21

## PELHAM FALL YOUTH SOFTBALL

**Day:** Any  
**Dates:** September 21 - October 30  
**Cost:** TBD  
**Time:** 6:00 p.m. or 7:30 p.m.  
**Location:** Multiple Parks

Fall softball is a less competitive learning program. Participants must be between the ages of 5-14 by December 31, 2020. Games will be played in the evening during the week.

**Registration:** August 3 - August 21



## FAMILY & YOUTH ACTIVITIES

### TAEKWONDO

**Day:** Saturday  
**Dates:** March 7 - May 30  
**Cost:** \$10/class  
**Time:** 10:00 a.m. - 11:00 a.m.  
**Age:** 6+  
**Location:** Pelham Recreation Center

This class will teach basic martial arts (Jidokwan Taekwondo) with an emphasis on self-defense incorporating other martial arts such as Jiu Jitsu, Karate, Escrima and Kung Fu. The goal is to instill confidence, discipline and focus into the students. No equipment needed.

**Registration:** March 1 - May 30.

You can pay in advance or pay the day of the class.

### CHILD/PARENT SIGN LANGUAGE CLASS

AIDB's Birmingham Regional Center American Sign Language Class

**Day:** Mondays  
**Dates:** April 20, 27, May 4, 11  
**Cost:** \$55 (for both child and parent)  
**Time:** 6:00 p.m. – 7:15 p.m.  
**Age:** 9-15

**Location:** Pelham Senior Center This class aims to introduce both adults and children who have little to no signing background to the basics of American Sign Language. In this course, parents and children will work together to learn foundational ASL signs, as well as increase their knowledge of Deaf culture. By the end of the course, all participants should be able to carry on a basic conversation with each other, as well as have an expanded awareness of Deafness as a linguistic minority.

**Registration:** March 9-April 17 at the Pelham Recreation Center- Register to reserve space, Pay first day of class.

### TEEN SIGN LANGUAGE CLASS

AIDB's Birmingham Regional Center American Sign Language Class

**Day:** Tuesday  
**Dates:** June 2, 9, 16, 23  
**Cost:** \$40 w  
**Time:** 1:00 p.m.- 3:00 p.m.  
**Age:** 13-19

**Location:** Pelham Recreation Center This class aims to introduce teens who have little to no signing background to the basics of American Sign Language. In this four-week series, basic signs, deaf culture, and phrases will be covered. Attendance at all four classes is recommended as each class builds off the previous class.

**Registration:** March 9-June 1 at the Pelham Recreation Center- Register to reserve space. Pay first day of class.

### PATRIOTIC CRAFT

#### Session I

**Day:** Tuesday  
**Dates:** July 7  
**Cost:** \$5.00  
**Time:** 9:30 a.m. - 11:00 a.m.  
**Age:** 5 to 12

**Location:** Pelham Recreation Center Multipurpose Room Let's celebrate...Red, White and Blue! You will design and create an American flag on a wooden block and then create your own design on a wooden block. Participants should wear old clothes as we will be using acrylic paints. Adult must stay with his/her child.

**Registration:** March 9- July 1

**If you have any questions or need additional information, please contact Alicia Walters, Assistant Parks and Recreation Director, at 205-620-6426.**





## PATRIOTIC CRAFT (CONTINUE)

### Session II

**Day:** Tuesday  
**Date:** July 7  
**Cost:** \$5.00  
**Time:** 5:30 p.m. - 7:00 p.m.  
**Age:** 5 to 12  
**Location:** Pelham Recreation Center Multipurpose Room  
**Registration:** March 9 - July 1

## PAINT WITH ME

### Session I

**Day:** Saturday  
**Date:** July 11  
**Cost:** \$10.00  
**Time:** 10:00 a.m. - 11:30 a.m.  
**Age:** 5-12 & adult  
**Location:** Pelham Senior Center

Art allows us to be free to express one's self and to try new things. Adult and child will create a scene on a canvas together. Follow along with step-by-step instructions from the instructor. All supplies will be provided. Participants should wear old clothes as we will be using acrylic paints. Adult must stay with his/her child. Space is limited.

**Registration:** March 9 - July 5

### Session II

**Day:** Monday  
**Dates:** August 3  
**Cost:** \$10.00  
**Time:** 1:00 p.m. - 2:30 p.m.  
**Age:** 5-12 & adult  
**Location:** Pelham Senior Center  
**Registration:** March 9 - July 29

## CREATIVE EXPRESSION

**Day:** Thursday  
**Dates:** July 23  
**Cost:** \$8.00  
**Time:** 10:00 a.m. - 11:15a.m.

**Age:** Children with disabilities & adult

**Location:** Pelham Senior Center

Art is inspiring and allows a different kind of space for free and creative expression. Art can help build self-esteem, self-confidence and bring joy in a way that children need. This class will allow the parent/adult to work side-by-side with the child. All supplies will be provided. Participants should wear old clothes as we will be using acrylic paints. Adult must stay with whis/her child. Space is limited.

**Registration:** March 9 - July 19



# ART, LEISURE ACTIVITIES & SPECIAL INTEREST

### A VERY SPECIAL EASTER EGG HUNT

**Day:** Saturday  
**Dates:** April 4  
**Cost:** Free  
**Time:** 10:00 a.m. - 12:00noon  
**Age:** All/Family

**Location:** Pelham Recreation Center Gymnasium  
Families of children with a disability and their siblings. (age 1-12) This is a family-centered event focusing on active participation for children with various disabilities or limitations. We will have 3 egg hunts: age 1-5, age 6-12 and siblings age 1-12. Hunt for the eggs high and low and look for the golden eggs for special prizes. The Easter Bunny will be available to visit up-close or from a distance! This event will create an environment to allow children to have fun where they are comfortable. This event is free, but you must pre-register online or at the Pelham Recreation Center. Space is limited.

**Registration:** March 9 - April 1.

### PUPS IN PASTELS

#### Doggie Easter Egg Hunt

**Day:** Sunday  
**Dates:** April 5  
**Cost:** Free for the Family  
**Time:** 4:00 p.m. - 6:00 p.m.  
**Cost:** \$5  
**Age:** All/Family

**Location:** Pelham Dog Park

Bring your furry friends and a basket to hunt for treat-filled eggs at the Pelham Dog Park, followed by a photo opportunity with the Easter Bunny. There will be inflatables, music and other family friendly activities followed by a "paw" walk on our new outdoor trail. Be sure to have your K9 looking their

Easter Best! Dogs must remain leashed and with an adult guardian. Must pre-register online or at the Pelham Recreation Center (\$5) if you would like to participate in the Easter Egg Hunt. The event is free and open to all families. Space is limited in the doggie Easter Egg hunt- 20 dogs under 25lbs and 20 dogs over 25lbs.

**Registration:** March 9 - April 1

#### Safety Rules for the Doggie Easter Egg Hunt:

- One adult per dog, if participating in the hunt. Each dog must be accompanied by one adult guardian.
- All dogs must be well controlled and on a leash no longer than 6 feet.
- Dogs must be up-to-date on all vaccinations.
- Bring a basket to collect your dog's Easter eggs
- Pet costumes are welcome!





## SHOW YOUR GLASS ART

**Day:** Saturday  
**Dates:** April 18  
**Cost:** \$30.00  
**Time:** 9:30 a.m. - 11:30 a.m.  
**Age:** 15 & older  
**Location:** Pelham Senior Center

This is a COOL and FUN art class! You will choose either a cross or a heart pattern and then design your own art using a painted canvas and broken, colored recycled glass. Once completed, your art will be finished with a shiny resin. No experience necessary. Come be creative, make new friends and learn something new. All supplies are included. Note - your art will need at least 24 hours to dry and will be ready for you to pick up the following Monday. Space limited to 10.

**Registration:** March 9 - April 15

## ACRYLIC PAINTING WORKSHOP

**Day:** Tuesday  
**Dates:** May 5  
**Cost:** \$20.00  
**Time:** 6:00 p.m. - 8:30 p.m.  
**Age:** 18 & older  
**Location:** Pelham Senior Center

Art generates a love of learning and creativity. Come explore and learn the basics of painting in acrylics, become familiar with supplies and understand the medium. This is a hands-on class and you will take home a finished painting. All levels are welcome. All supplies are included. Space limited to 12.

**Registration:** March 9 - May 1

## FAMILY FUN DAY AT THE PARK

**Day:** Sunday  
**Dates:** June 7  
**Cost:** FREE  
**Time:** 2:00 p.m. - 5:00 p.m.  
**Age:** All/Family  
**Location:** Pelham City Park

Let's unplug, relax, laugh and kick off the summer together. Bring your entire family to City Park and enjoy food trucks, games, inflatables, music and more.

**Registration:** No registration required.

## LINE DANCING WORKSHOP

**Day:** Sunday  
**Dates:** June 28  
**Cost:** \$15  
**Time:** 1:30 p.m. - 4:30 p.m.  
**Age:** 18+

**Location:** Pelham Recreation Center Multipurpose Room  
Join us for a fun afternoon of line dancing led by instructors Jackie Tally and Faye Smitherman. You will learn two new beginner and two new "improver" dances and there will be time for dancing your favorites between instruction. Pre-registration is required. Register online or stop by the Pelham Recreation Center. Space is limited to 35.

**Registration:** March 9 - June 19

**If you have any questions or need additional information, please contact Alicia Walters, Assistant Director of Parks and Recreation, at (205 620-6426.**

## SENIOR CENTER

### ART CLASSES

#### OPEN PAINT

**Day:** Fridays  
**Dates:** April 3 - August 28  
**Cost:** FREE  
**Time:** 9:30 a.m. – 11:30 a.m.  
**Age:** 55 & Up  
**Location:** Pelham Senior Center

Do you enjoy being creative, but working at your own pace. Come paint and socialize with other artists. No instructional support provided.

**Registration:** No Pre-Registration Necessary

#### ACRYLIC PAINTING

**Day:** Tuesdays  
**Dates:** April 7 - August 25  
**Cost:** \$15/Month or \$5/Class  
**Time:** 10:30 a.m. - 12:30 p.m.  
**Age:** 55 & Up  
**Location:** Pelham Senior Center

Art generates a love of learning and creativity. Come explore the basics of painting in acrylics, become familiar with supplies and understand the medium. All levels are welcome. Bring your own 11x14 canvas, acrylic paints, and brushes. Space limited to 12.

**Registration:** 1st working day of the month prior to the month of the class.

### DANCING

#### PELHAM PROMENADERS

**Day:** 1st & 3rd Wednesdays  
**Dates:** April 1 - August 26  
**Cost:** FREE  
**Time:** 1:15 p.m. - 3:15 p.m.  
**Age:** 55 & Up  
**Location:** Pelham Senior Center

Come enjoy this square dancing group. Square dancing is a combination of rhythmic movements and dance steps that can improve and maintain cardiovascular and physical fitness.

**Registration:** No Pre-Registration Necessary

#### BALLROOM DANCING

**Day:** Fridays  
**Dates:** April 3 - April 24  
**Cost:** FREE  
**Time:** 2:00 p.m. - 3:00 p.m.  
**Age:** 55 & Up  
**Location:** Pelham Senior Center

Dancing is a wonderful activity that will benefit your mind, body, and soul. Explore a variety of dance styles including Waltz, Rumba, Tango, Cha Cha, Foxtrot, and Swing with step-by-step instructions.

**Registration:** No Pre-Registration Necessary

#### BEGINNER LINE DANCE

**Day:** Tuesdays  
**Dates:** April 7 - August 25  
**Cost:** FREE  
**Time:** 2:00 p.m. - 3:00 p.m.  
**Age:** 55 & Up  
**Location:** Pelham Senior Center

Dancing is a unique form of exercise that provides the heart-healthy benefits of an aerobic exercise while allowing you to engage in a social activity. In this class, basic line dance steps are broken down and put to music. Closed toe shoes required (no flip flops or heels).

**Registration:** No Pre-Registration Necessary





## INTERMEDIATE LINE DANCE

**Day:** Tuesdays  
**Dates:** April 7 - August 25  
**Cost:** FREE  
**Time:** 10:30 a.m. - 11:30 a.m. & 1:00 p.m. - 2:00 p.m.  
**Age:** 55 & Up  
**Location:** Pelham Senior Center

This class provides instruction on more intricate dance steps. Closed toe shoes required (no flip flops or heels).

**Registration:** No Pre-Registration Necessary

## GROUP FITNESS

### GENTLE YOGA

**Day:** Wednesdays  
**Dates:** April 1 - August 26  
**Cost:** FREE  
**Time:** 12:00 noon - 1:00 p.m.  
**Age:** 55 & Up

**Location:** Pelham Senior Center

Decrease stress, tone muscle, build strength, while improving posture, circulation, and concentration. All standing and floor poses may be modified to perform in a chair. There is an optional short section on the floor. Yoga mats are provided, if needed. All levels are welcomed.

**Registration:** No Pre-Registration Necessary

### ZUMBA GOLD

**Day:** Wednesdays  
**Dates:** April 1 - August 26  
**Cost:** FREE  
**Time:** 11:00 a.m. - 12:00 noon  
**Age:** 55 & Up

**Location:** Pelham Senior Center

Zumba Gold is a low-impact exercise for those who enjoy Latin and world rhythms. Choreography focuses on balance, range of motion, and coordination. Come ready to sweat and leave empowered and feeling strong.

**Registration:** No Pre-Registration Necessary

## TAI CHI

**Day:** Fridays  
**Dates:** April 3 - August 28  
**Cost:** FREE  
**Time:** 10:30 a.m. - 11:30 a.m.  
**Age:** 55 & Up

**Location:** Pelham Senior Center

Tai Chi is a graceful, slow-moving, mind and body art form. The benefits are mental clarity, improved balance and increased flexibility, strength, and range of motion.

**Registration:** No Pre-Registration Necessary

## EXERCISE

**Day:** Mondays & Fridays  
**Dates:** April 6 - August 28  
**Cost:** FREE  
**Time:** 12:00 p.m. - 1:00 p.m.  
**Age:** 55 & Up

**Location:** Pelham Senior Center

This low impact fitness exercise class for seniors gently builds cardio, overall health, improved balance and core strength.

**Registration:** No Pre-Registration Necessary

## LEISURE ACTIVITIES

### BINGO

**Day:** 1st, 2nd and 3rd Thursdays  
**Dates:** April 2 - August 20  
**Cost:** FREE  
**Time:** 1:00 p.m. - 1:45 p.m.  
**Age:** 55 & Up

**Location:** Pelham Senior Center

Play up to two cards and win prizes.

**Registration:** No Pre-Registration Necessary

## SENIOR CENTER

### MEN'S COFFEE

**Day:** Wednesdays  
**Dates:** April 1 - August 26  
**Cost:** FREE  
**Time:** 10:00 a.m. - 11:00 a.m.  
**Age:** 55 & Up

**Location:** Pelham Senior Center

Come join the group as they discuss current events and other topics of the day.

**Registration:** No Pre-Registration Necessary

### PARTY BRIDGE

**Day:** Wednesdays  
**Dates:** April 1 - August 26  
**Cost:** FREE  
**Time:** 10:00 a.m. - 1:00 p.m.  
**Age:** 55 & Up

**Location:** Pelham Senior Center

Playing bridge regularly stimulates your brain and helps keep your memory active and brain alert. Come learn, laugh and have fun. Current bridge players are welcome.

**Registration:** No Pre-Registration Necessary

### MAHJONG

**Day:** Thursdays  
**Dates:** April 2 - August 27  
**Cost:** Free  
**Time:** 9:00 a.m. - 1:00 p.m.  
**Age:** 55 & Up

**Location:** Pelham Senior Center

This tile based game helps improve your cognitive development and memory skills.

**Registration:** No Pre-Registration Necessary

**If you have any questions or need additional information, please contact Marcella Baker, Senior Center Manager, at (205) 620-6064.**

### CARDS AND GAMES

**Day:** Fridays  
**Dates:** April 3 - August 28  
**Cost:** FREE  
**Time:** 12:00 noon - 3:00 p.m.  
**Age:** 55 & Up

**Location:** Pelham Senior Center

Playing cards is a pastime that offers mind exercise and social enjoyment. Come play a game you already know or learn a new one (or bring your own favorite board or card game). Canasta, Mexican Train, Rook, Rummikub, Skip Bo, Hand and Foot, etc.

**Registration:** No Pre-Registration Necessary

### DUPLICATE BRIDGE

**Day:** Mondays  
**Dates:** April 6 - August 31  
**Cost:** FREE  
**Time:** 10:00 a.m. - 3:00 p.m.  
**Age:** 55 & Up

**Location:** Pelham Senior Center

Playing bridge regularly helps keep your brain alert and your memory active.

**Registration:** See Senior Center Front Desk





## MEXICAN TRAIN DOMINOES

**Day:** Tuesday  
**Date:** April 7 - August 25  
**Cost:** FREE  
**Time:** 1:00 pm - 2:00 pm  
**Age:** 55 & Older  
**Location:** Pelham Senior Center  
Join in to learn a new game or make new friends?  
**Registration:** No Pre-Registration Necessary.

## DRUMMING PROGRAM

**Day:** Monday  
**Dates:** April 27 and June 15  
**Cost:** FREE  
**Time:** 1:30 p.m. - 2:15 p.m.  
**Age:** 55 & Older  
**Location:** Pelham Senior Center  
Did you know simply drumming for 45 minutes improves your coordination, lifts your mood, and is FUN? No experience necessary. An instructor will lead the class in a drum circle style. Come and join in and see how drumming allows you to enjoy the moment. Space is limited.  
**Registration:** No Pre-Registration Necessary.

## PENNY AUCTION SPONSORED BY KINDRED AT HOME

**Day:** Thursday  
**Dates:** April 30, May 28, June 25, July 23, Aug 27  
**Cost:** FREE  
**Time:** 1:00 p.m.  
**Age:** 55 & Older  
**Location:** Pelham Senior Center  
Join in the fun of a new game sponsored by Kindred at Home. No money necessary....just show up for a bit of entertainment as you bid for items you use every day.  
**Registration:** No Pre-Registration Necessary.

## EDUCATIONAL

### AARP SMART DRIVING COURSE

**Day:** Tuesday  
**Date:** May 5  
**Cost:** \$15.00/AARP members \$20.00/non-AARP  
**Time:** 9:00 a.m. - 3:30 p.m.  
**Age:** 50 & Older

**Location:** Pelham Senior Center  
This is a 6 hour classroom refresher that will help you learn the effects of aging on your driving and provide techniques to continue driving safely longer. Alabama law requires insurance companies to grant an age-related discount on premiums for safe drivers upon course completion. The program is available for individuals 50 years of age or older. Space is limited to 12.  
**Registration:** March 9- April 28  
Payment will be taken by the AARP instructor on the day of the class.

### LIVING WELL UNIVERSITY

**Day:** Monday  
**Date:** May 18 and July 20  
**Cost:** FREE  
**Time:** 1:15 p.m. - 1:45 p.m.  
**Age:** 55 & Older

**Location:** Pelham Senior Center  
Are you interested in making a difference in your health by living well? Living Well University is a new program that provides education on various healthcare topics.  
May 18: "Healthy Eating, Is it a Mind Game?" with Dr. Lemeshia Chambers, Brookwood Baptist Health Marketing Director for Behavioral Health.  
July 20: "Emergency Room 101...What You Need To Know" with Mike Wesson, EMS Outreach Manager, Brookwood Baptist Health  
**Registration:** See Senior Center Front Desk



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Palooza in the Park is a fun family friendly event held in the park and pavilion next to the NEW Pelham Recreation Center.

**Saturday May 16th**  
**From 10-4 p.m.**

**At City Park next to the Pelham Recreation Center**

Find out more at: [www.pelhampalooza.live](http://www.pelhampalooza.live)  
To be a sponsor or vendor email: [pelhampalooza@pelhamalabama.gov](mailto:pelhampalooza@pelhamalabama.gov)