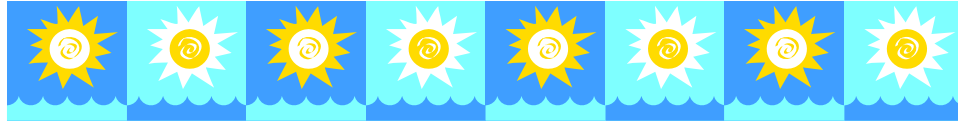


Senior Scene in Shelby County - June 2010



Alabaster Senior Center – 663-1307 – weekdays 9:00 am-1:00 pm games/activities/lunch

See the Alabaster senior calendar and menu by visiting www.cityofalabaster.com; click Senior Adults

Mondays – 10:00 am – Singing w/The Timeless Treasures; 11:45 am – Quilting Class

Tuesdays –1:30 pm – Acrylic Painting Class I

Wednesdays –10:00 am – Wii Bowling; 9:45 am – **NEW – Practice Rook and Dominoes to compete in Masters Games of Alabama – District Games in August – Join our team!**

Thursdays –1:30 pm – Watercolor Class

3rd – 10:00 am – Bingo; Lunch Bunch – The Bright Star in Bessemer

4th – 10:00 am – Dedication of Historical monument at New Center

8th – 10:00 am – Blood Pressure Clinic – sponsored by Comfort Care

10th – 10:00 am – Hooray for Hollywood – Movie day with Cookies and Lemonade

11th – 10:00 am – Bingo and Biscuits – sponsored by Jim N Nicks in Alabaster

15th – 10:00 am – Berry picking outing

17th – 10:00 am – Crafts

18th – 10:00 am – Brain Busters

22nd – 10:00 am – Bingo – sponsored by Southern Care

24th – 10:00 am – Shelby Baptist Health System

25th – 10:00 am – Beach Bash – sponsored by New Beacon Hospice

29th – 10:00 am – Movie Day – BYOP – Bring your own popcorn!

Calera Senior Center – 670-9988 - weekdays 8:00 am - 4:00 pm for games/activities/lunch;

Close at 12:30 p.m. on Fridays.

We have new computers, exercise equipment, pool table and sewing machines. NEW

Calera Strikers Wii Bowling Team! Join the fun!

Mondays – Nutrition Class with Kelly

Tuesdays – Thursday - Bible study with/ Ms. Montez

9th – 10:00 am – Bingo – sponsored by United Health

16th – 10:00 am - Kick off - Summer Reading - Wet T shirt Contest – Harrison Library

17th – 10:00 am - Fellowship Church Program

23rd – 9:30 am - Crafts with Allison

24th – 10:00 am – Monthly Birthday Party with Shelby Ridge

Chelsea Adult Lodge - 678-6460 Meet Each Thursday 10:00 am -2:00 pm for game day and covered dish lunch. Located on Hwy. 36 in Chelsea

Columbiana Senior Center-669-3969 weekdays 9:00 am-1:00 pm for games/activities/lunch

Mondays – Bible Study; Games

Tuesday/Thursday - Bingo

Wednesdays - Exercise

3rd – 10:00 am - Hat Contest
7th – 10:00 am – Monthly Shopping trip
8th – 10:00 am – Piggly Wiggly
9th – 10:00 am – Dixie Troubadours
15th – 10:00 am – Jewelry Contest
16th – 10:00 am – Chaplain from New Beacon
17th – 10:00 am – Trip to Pioneer Village
22nd – 10:00 am – Publix
23rd - 10:00 am - Kick off - Summer Reading - Wet T shirt Contest – Harrison Library
24th – 10:00 am – Free Blood Pressure/Blood Sugar screenings
25th – 10:00 am – Camp Fire Stories

Heardmont Senior Center – 991-5742 weekdays 9:00 am-3:00 pm for games/exercise/lunch
5452 Cahaba Valley Rd (119) in Heardmont Park- heardmontpark@hotmail.com

Mondays –9:30 am Tai Chi; 10:30 am – 12:00 pm; Dominoes; 11:30 am – 3:00 pm Canasta

Tuesdays – 10:00 am - Workout w/Donna; 11:00 am – Bible Study; 1:00 pm - Wii Bowling

Wednesdays – 9:00 am– 12:00 pm Bridge;11:30 am – Rummikub

Thursdays – 10:00 am – Aerobics/toning w/Donna; 12:30 – 3:30 pm – Acrylic Painting Class

Fridays – 9:00 am – **NEW ZUMBA Gold - \$5**; 10:00 am – Intermediate Line Dancing; 11:00 am- Beginning Line Dance

3rd – 11:15 am – Blood pressure and Blood sugar clinic – sponsored by New Beacon

10th – 11:30 am – Quarterly Luncheon and Volunteer recognition

16th – 10:00 am – Computer class

17th – 12:30 pm – Acrylic painting class

22nd – 12:30 pm – Watermelon Feed

Please visit our extensive library and use our new exercise equipment.



Helena Senior Center (next to Library on Tucker Road behind City Hall) call Liz Morris at 664-1946

Mondays and Thursdays - 10:00 am Chair aerobics

Tuesdays - 11:00 am - 3:00 pm cards & Games

Fridays – 5:00 pm – social time

Montevallo Senior Center –665-9206 weekdays 9:00 am-1:00 pm games/hot lunch

2nd Wednesdays – 2:00 pm - Community Game Day – Join the fun.

9th – 10:00 am - "Kick off Summer" with Harrison Regional Library

11th – 10:00 am - Upward Bound from University of Montevallo
14th – 10:00 am – Guest Speaker – Skin Care
21st- 10:00 am – Special Musical Guest
28th- 10:00 am – Bingo – sponsored by New Beacon

Pea Ridge Senior Recreation Club – 665-3997 - Every other Tuesday for gospel music, fellowship and covered dish – call Mary Ross for information at 665-1980

Pelham Senior Center – 620-6064 –Open Weekdays 10:00 am-3:00 pm
Art/Exercise/Dance/Games – Shelby County residents 55+ welcome
<http://www.pelhamlibrary.com> – calendar online

Mondays –Crafts & Games 10:30 am – 3:00 pm; Mah Jongg 12:00 pm; 12:30 pm Exercise
Tuesdays – Art 10:30 am; Cribbage – 10:30 am; Beginning (1:00 pm) and Advanced (2:00 pm)
Line Dancing 1:00-3:00; Rummikub 1:00 pm
Wednesdays. –Men’s Coffee Club 10:00 am; Bridge 10:30 am; Wii Bowling 11:00 am; Exercise
12:30 pm; Rummikub 1:30 pm
Thursdays – 10:30 am – 1:00 pm Pelham Pioneers Program & Guest Speakers; Pelham Golden
Voices After Pioneer Program – Games 1:00 pm – 3:00 pm
Fridays – Tai Chi 10:30 am; Healthy Choices 11:30 am; Exercise 12:30 pm and Games begin at
1:00 pm

3rd – 10:30 am – “Enclosing Sacred Places: Cemetery Fences in Alabama – Dr. Alan Brown
10th – 10:30 am – “Soup can exercise” – Special Guest – The Soup Can Troupe
17th – 10:30 am – Special Guest – Dewitt Marcum – Pelham Fire Department
18th – 7:00 pm – “Cowboy Shuffle” Dance – Music by Ray Newman - \$4- Wear your
western wear!
24th – 10:30 am – Bingo
25th – 1:30 pm – Bookworms

Vincent Senior Center – 672-7697 Open Weekdays 9:00 am–1:00
pm Games/Activities/Computers/Hot Lunch

Mondays –Game Day – Darts/dominoes/Nintendo Wii games
Tuesdays – Bingo
Wednesdays – Exercise (we have several pieces of exercise equipment)
Fridays – Crafts and Bingo

10th – 10:00 am – Kick off - Summer Reading - Wet T shirt Contest – Harrison Library
25th – 10:00 am – trip to Bluebell Creamery

Westover Senior Center 678-3385 X703; Meet Wednesdays at 10:00 am for
activities/potluck

