

# PELHAM SENIOR CENTER

## October 2023 50 Racquet Club Pkwy 205-620-6064



Mon	Tue	Wed	Thu	Fri
<p>2 <b><u>Sign Up Day!</u></b> <b><u>Doors open at 9am</u></b> 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30am-11:20am Fitness Forward</p>	<p>3 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p>	<p>4 <b><u>9:00am Savannah Trip Registration!</u></b> 10:00am-1:00pm Party Bridge 10:45am-11:45am Zumba Gold 12:00pm –1:00pm Gentle Yoga</p>	<p>5 <b><u>10:00am-11:30am Southern Buttermilk Biscuit Class</u></b> <i>(Pre-registration required)</i> <b><u>1:00pm Movie Madness</u></b> <i>(Pre- registration required)</i></p> 	<p>6 <b><u>Auburn Culinary Tour &amp; Lunch</u></b> <i>(Pre-registration required)</i> 10:30am-11:30am Tai Chi 10:30am Crocheting 10:30am Hand and Foot</p>
<p>9 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30am-11:20am Fitness Forward <b><u>1:00pm Tin Can Flowers</u></b> <i>(Pre-registration required)</i></p>	<p>10 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p> 	<p>11 10:00am-1:00pm Party Bridge 10:45am-11:45am Zumba Gold 12:00pm –1:00pm Gentle Yoga <b><u>1:00pm-2:30pm Crafting Together</u></b> <i>(Pre-registration required)</i> <b><u>**5:00pm-6:30pm Party Art**</u></b></p>	<p>12 <b><u>11:00am Therapy South</u></b> <i>Free Screening</i> <b><u>12:00pm Luncheon</u></b> <i>(pre-registration required)</i> <b><u>12:45 pm Learn to Recognize Scams &amp; Self Defense—Detective Cruz</u></b> <i>(Pre-registration required)</i></p>	<p>13 10:30am-11:30am Tai Chi 10:30am Hand and Foot <b><u>1:00pm Trussville Ukulele Strummers</u></b> <i>(Pre-registration required)</i> <b><u>Refreshments Provided by Briar Glen</u></b></p>
<p>16 <b><u>Men's Breakfast Outing</u></b> <i>(Pre-registration required)</i> 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30am-11:20am Fitness Forward <b><u>1:00 Bingo Shelby Ridge</u></b> <i>(Pre-registration required)</i></p>	<p>17 <b><u>10:00am-12:00pm Art/Painting Sandy Johnson</u></b> <i>(Pre- registration required)</i> 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p>	<p>18 <b><u>Mystery Shopping Outing &amp; Lunch</u></b> <i>(Pre-registration required)</i> 10:00am-1:00pm Party Bridge 10:45am-11:45am Zumba Gold 12:00pm –1:00pm Gentle Yoga 1:15pm-3:15pm Promenaders</p> 	<p>19 <b><u>10:00am-11:30am Creative Card Making</u></b> <i>(Pre-registration required)</i> <b><u>1:00pm Singo Expect Care</u></b> <i>(Pre-registration required)</i></p> 	<p>20 <b><u>Lunch Around Town—Taco Mac</u></b> <i>(Pre registration required)</i> 10:30am-11:30am Tai Chi 10:30am Crocheting 10:30am Hand and Foot</p>
<p>23 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30am-11:20am Fitness Forward <b><u>1:00pm Bingo</u></b> <b><u>The Healthcare Center at Buck Creek</u></b> <i>(Pre-registration required)</i></p>	<p>24 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p>	<p>25 10:00am-1:00pm Party Bridge 10:45am-11:45am Zumba Gold 12:00pm –1:00pm Gentle Yoga</p>	<p>26 <b><u>10:00am-11:30am Pottery Class</u></b> <i>(Pre-registration required)</i> <b><u>1:00 Penny Auction</u></b> <i>Expect Care</i> <i>(Pre-registration required)</i></p>	<p>27 10:30am-11:30am Tai Chi 10:30am Hand and Foot <b><u>1:00pm Fall Festival &amp; Pizza Party</u></b> <i>(Pre-registration required)</i> <i>(Red Bird Willow Farm will be bringin their Llamas to join us)</i></p>
<p>30 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30am-11:20am Fitness Forward <b><u>12:00pm Potluck</u></b> <i>(Pre- registration required)</i></p>	<p>31 <b><u>Happy Halloween</u></b> 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing</p> 			