

# October 2018

**Alabaster Senior Center**  
 1097 7th Street SW, Alabaster, AL 35007  
 (205) 663-1307 Monday—Friday 8:00am— 3:30pm  
 www.cityofalabaster.com

Mon	Tue	Wed	Thu	Fri
<p><i>1</i></p> <p><b>9:30-11:30am Hot Football Mess—Alabama or Auburn</b>            10am Timeless Treasures Singing  <b>12pm Tin Can Flowers Southeast Hospice Network</b></p>	<p><i>2</i></p> <p>9:30am Corn Hole  <b>10-11am Senior 101 with Affinity ?????</b>  <b>10am Blood Pressure Checks with Southern Care Hospice</b>            1:15-2:15pm Gentle Yoga  <b>History and Ghost Birmingham</b></p>	<p><i>3</i> <b>Lunch Bunch El Barrio (Mexican)</b>            9am Rook, Rummikub &amp; More            9am Crochet, Knitting and More            9:30am Rummikub            9:30am Arthritis Exercise Program            1-2pm Arthritis &amp; More            1-3pm Watercolor Painting</p>	<p><i>4</i></p> <p>9:15am-10:05am Inter Line Dancing            10:10-11am Beginner Line Dancing            10-12pm Watercolor Painting            12-3pm Bridge            1-3pm Watercolor Painting            2:15-3:15pm Gentle Yoga</p>	<p><i>5</i></p> <p>9:30am Movin &amp; Groovin            10am Timeless Truths  <b>12pm Bingo with Southern Care/ New Beacon Hospice</b></p>
<p><i>8</i></p> <p>10am Timeless Treasures Singing  <b>9-11am Creative Craft</b></p>	<p><i>9</i></p> <p><b>NO Fleecing the Flock—Blankets</b>            9:30am Corn Hole  <b>12-1:30pm Jewelry Class</b>            1:15-2:15pm Gentle Yoga</p>	<p><i>10</i></p> <p>9am Rook, Rummikub &amp; More            9am Crochet, Knitting and More            9:30am Arthritis Exercise Program            1-2pm Arthritis &amp; More            1-3pm Watercolor Painting</p>	<p><i>11</i></p> <p>9:15am-10:05am Inter Line Dancing            10:10-11am Beginner Line Dancing            10-12pm Watercolor Painting            12-3pm Bridge            1-3pm Watercolor Painting            2:15-3:15pm Gentle Yoga</p>	<p><i>12</i> <b>Decorate Outside Scarecrows</b>  <b>9:15am Biscuits and tea with Jim N Nick's</b>            9:30am Movin &amp; Groovin            10am Timeless Truths  <b>12-1:30pm Technology Class with Patrick</b></p>
<p><i>15</i></p> <p>10am Timeless Treasures Singing  <b>12:30-3pm Paper Crafting Class</b></p>	<p><i>16</i></p> <p>9:30am Corn Hole  <b>9:30am Gardening</b>  <b>12pm Bingo with Oasis Healthcare</b>            1:15-2:15pm Gentle Yoga</p>	<p><i>17</i></p> <p>9am Rook, Rummikub &amp; More            9am Crochet, Knitting and More            9:30am Arthritis Exercise Program  <b>11:45am Annette's Health Minute</b>            1-2pm Arthritis &amp; More            1-3pm Watercolor Painting</p>	<p><i>18</i> <b>Grotto and Lunch—Cullman</b>            9:15am-10:05am Inter Line Dancing            10:10-11am Beginner Line Dancing            10-12pm Watercolor Painting            12-3pm Bridge            1-3pm Watercolor Painting            2:15-3:15pm Gentle Yoga</p>	<p><i>19</i></p> <p>9:30am Movin &amp; Groovin            10am Timeless Truths</p>
<p><i>22</i></p> <p><b>9:30am Book Club</b>  <b>11-1pm Doodle, Letter &amp; Journal</b>            10am Timeless Treasures Singing</p>	<p><i>23</i></p> <p><b>9:45-11:15am Health &amp; Wellness—Outdoor Fun</b>            1:15-2:15pm Gentle Yoga</p>	<p><i>24</i> <b>Blue Ridge, GA</b>            9am Rook, Rummikub &amp; More            9am Crochet, Knitting and More            9:30am Arthritis Exercise Program            1-2pm Arthritis &amp; More            1-3pm Watercolor Painting</p>	<p><i>25</i> <b>Blue Ridge, GA</b>            9:15am-10:05am Inter Line Dancing            10:10-11am Beginner Line Dancing            10-12pm Watercolor Painting            12-3pm Bridge            1-3pm Watercolor Painting            2:15-3:15pm Gentle Yoga</p>	<p><i>26</i> <b>Blue Ridge, GA</b>            9:30am Movin &amp; Groovin  <b>NO Timeless Truths</b></p>
<p><i>29</i></p> <p><b>Laurel, Mississippi Day Trip</b>            10am Timeless Treasures Singing  <b>12pm Penny Auction with Kindred at Home</b></p>	<p><i>30</i></p> <p>9:30am Corn Hole  <b>10:15am Stop the Bleed Class</b>  <b>12pm Southeast Hospice Network</b>            1:15-2:15pm Gentle Yoga</p>	<p><i>31</i> <b>Happy Halloween!</b>            9am Rook, Rummikub &amp; More            9am Crochet, Knitting and More            9:30am Arthritis Exercise Program  <b>12pm Halloween party and fun!</b>            1-2pm Arthritis &amp; More            1-3pm Watercolor Painting</p>	<p><i>Lunch is served everyday at 11:30am</i>  <i>Calendars are subject to change</i></p>	