

Shelby County Senior Scene

July 2014



Downtown Columbiana

\$10.00 for a Tasting ticket
\$250 to register as a team

Phone: 205-669-0044

20 BBQ cook teams will offer Boston Butt or Chicken for public tasting. Live Music & Arts and Crafts. Proceeds from the event benefit the Shelby County Arts Council and the South Shelby Chamber of Commerce. The BBQ cook-off will be a non-sanctioned competition open to all amateur and semi-pro BBQ teams

American Village Veterans Salute Sundays

Experience the new National Veterans Shrine and Register of Honor at the American Village. Through art, sculpture, graphics and multimedia technology, the National Veterans Shrine and Register of Honor tells the stories of those in each generation who have served and sacrificed for America and for liberty. **Special Veterans Salute Sundays** June 1- August 31, 1-5 PM. Also open M-F 10 AM-4 PM.

July 11-12, 2014

City of Pelham Golden Jubilee

Friday Evening 5:00pm - 9:00pm; Saturday 9:00am - 5:00pm; Free Live Music at Saturday Night at Oak Mountain Amphitheater 4:30pm - 11:00pm



The City of Pelham and the Pelham Beautification Board invite you to join us in celebrating the City of Pelham's Golden Jubilee on Friday, July 11th and Saturday, July 12th. We expect a fun evening and a great day of shopping, children's activities, food and music. Our event offers free admission, ice skating, music and children's activities. We hope you are able to join us as we mark our 50th year in our city's history.

Pelham Civic Complex & Ice Arena
500 Amphitheater Rd.
Pelham, AL 35124

Caregiver Support Group

Lance Lee - VITAS

Wednesday, July 9th - 10:30 am - 12:30 pm
Women's Center North Hall Meeting Room
Shelby Baptist Medical Center
1000 First Street, Alabaster, AL 35007
205-670-5770 for more information

Alabaster Senior Center-663-1307
1097 7th Street SW, Alabaster
Weekdays 9:00 am - 3:00 pm
games/activities/classes/lunch

www.alabasterparks.org

Mondays -10 am - Singing w/The Timeless Treasures;;
1:00 pm - Head to Toe Fitness; 2:15 pm - Strengthen,
Stretch & Restore Mat Class

Tuesdays -9 am - Walking program; 12 pm - Wii Bowling

Wednesdays - 9 am - Rook; Crochet, Knitting More; 9:30
am - Rummikub; 10 am - Arthritis Exercise; 1 pm - Zumba
Gold I; 2:15 - Zumba Gold II

Thursdays -9:30 am -Intermediate Line Dancing;
10 am - Open Painting; 10:30 am - Beginning Line
Dancing; 12:00 pm - Bridge; **1pm - Creative Dance - NEW**

Fridays - 10:00 am - Games and Tempo Exercises;
1:00 pm - Zumba Toning

Special Events in July:

2nd - Lunch Bunch - Egg & I

8th - 10 am - Blood pressure check; 10:30 am -
Fire Dept. Basic First Aid

10th - 10 am Watermelon seed spitting contest-by
New Beacon

11th - Tea & Biscuits - by Jim N Nick's

14th - 12 pm - Paper crafting class

15th - 9:30 am - Gardening with Betty

16th - 9:30 am - Bible Study w/Patsy

18th - 12 pm - Zentangle Jewelry workshop

23rd - Summer Reads - Harrison Library

25th - 10 am - Book Club;

28th - Hyundai Plant Tour (Montgomery)

29th - Walking Celebration!; 10:30 am - Osteo vs.
Rheumatoid Arthritis presentation by HealthSouth

Calera Senior Center - 670-9988
weekdays 8:00 am-4:00 pm
games/activities/lunch/computers/pool
table/sewing machines, Wii games

Senior Centers will be closed on
Friday- July 4th



Chelsea Senior Center
708 Hwy 36, Chelsea, AL 35043
games/activities/lunch

Mondays - Fridays 10:30 am - Exercise
Chelsea City Hall on Circuit training equipment

Mondays - 11:15 am at Center - YMCA led exercise

Tuesdays - 10:00 am - Games at Center

Thursdays - 9:00 am - 2:00 pm - Games & Potluck.
2:00 pm - Line Dancing

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

Thursdays -10 am - Exercise class

Heardmont Senior Center 205-991-5742
5452 Cahaba Valley Rd. (119)
Weekdays 9:00 am - 3:00 pm
games/exercise /lunch

Mondays - 9:30 am - Tai Chi; Mah Jongg; 10:30 am -
Canasta

Tuesdays - 10:00 am - Aerobics; 10:00 am; Bingo &
Board games; 11:00 am Bible Study

Wednesdays - 9:00 am - 12:00 pm - Bridge;

Thursdays - 10:00 am - Aerobics w Donna; Bingo
bunch

Fridays - 9:00 am - Zumba GOLD; 10:00 am -
Intermediate Line Dancing; 11:00 am Beginning Line
Dancing

Special Events in July:

1st - Wear Red, White & Blue celebration

10th - 10:00 -12:00 - Health Fair

15th - 9 am - Biscuit Bash

17th - 11 am - Summer Reads - Harrison Library

22nd - Daytrip to Bluebell Ice Cream factory

25th - 7 pm - Summer dance; Please join us!

31st - Lunch & Learn - Liver Health by Healthsouth

Helena Senior Center
222 Tucker Road next to Library
Contact Maxine Davis at 205-663-3928

Mondays & Thursdays - 10:00 am - Chair Aerobics

Tuesdays - 10:00 am - 3:00 pm - Cards & Games/Bring
your own lunch - drinks provided

Fridays - 5:00 pm - Evening social & potluck -
1st Friday - club provides main course

Montevallo Senior Center 205-665-9206
434 Vine Street in Orr Park
Weekdays 9:00 am - 1:00 pm
Games & hot lunch

Wednesdays - 9:00 am - Exercise w/Kristi; 10:00 am - Computer class with Dr. Ratchford from University of Montevallo.

1:30 - Bridge 101 - First Wed. of the month with Sara Gallaway

Gardening every day - Squash and tomatoes are here; Come see our blooming wishing well.

Special Events in July:

7th - 10 am - Brother Trimble - Gospel music

12th - Saturday - BBQ - Park and Board community event

14th - 10 am - Bingo and prizes by Southern Care

21st - 10 am - Becky with Harrison Regional Library

28th - 10 am - Savages Musical guest

Pelham Senior Center 205-620-6064
50 Racquet Club

Weekdays 10:00 am - 3:00 pm
Art/Exercise/Dance/Games - 55+ welcome

Mondays - 10:30 am Needlecrafts; 12:00 pm - Mah Jongg; 12:30 Arts and Crafts; 12:30 pm -Exercise

Tuesdays - 10:30 Art \$5 monthly; 1 pm Advanced Line Dancing; 2 pm Beg. Line Dancing; 1:00 pm - Rummikub;

Wednesdays - 10:00 am - Men Coffee Club; 10am - Bridge; 11:00 am - Wii Bowling; 12:30 - Exercise; 1:00 pm Rummikub;

Thursdays - 10:00 am - Pelham Pioneers Program; 1:00 pm - games; 1:30 - Bingo

Fridays - 10:30 am - Tai Chi; 12:30 - Exercise; 1:00 pm - Games; 1:15- Bookworms

Special Events in July:

3rd - 10:30 am - Alabama Landmarks - speaker

10th - 10:30 am - History of Siluria - speaker

17th - 10:30 am - Trip to Peach Park/Bingo

18th - 7 pm - Red White and Blue Dance

24th - 10:30 am - Music by Newman

31st - 10:30 am - "Lewis & Clark" Niki Sepsas

20th - 7 pm - Luau Dance - Jackie Taylor Sundance Band - \$5

26th - 10:30 am - Summer reads -Harrison Library

Saturday Bingo: 1:30 - 2:30 - July 5th, 12th & 26th

Pea Ridge Senior Center

Every other Tuesday for gospel music @ 10 am,
fellowship & potluck meal at 11:30
Call Mary Ross 205-665-1980

Special Events in July:

8th - 10 am - Bob Sutton & the Montevallo Strummers; travel to Columbiana Health and Rehab to sing for residents.

22nd - 10 am - Monthly meeting and covered dish

24th - 9:30 am - sing at Alabaster's Shelby Ridge Health and Rehab; 10:30 am Chandler Health and Rehab.

Mike Royer of WVTM TV will be at the Chandler location to record program for his Spirit of Alabama report

Vandiver/Sterrett Senior Center
205-229-3389 or 205-672-8040
in Vandiver Park

Thursdays - 11:00 am - Quilting/Arts & Crafts

Fridays - 10:00 am - 1:00 pm - Potluck Lunch & Games

Vincent Senior Center 205-672-7697
John Sparkman Court
9:00 am - 1:00 pm
games/exercise/hot lunch/computers

Mondays - Weekend reflections

Wednesdays - Devotionals

Daily - Exercise & Games

Special Events in July:

3rd - Summer Reading w Harrison Library

10th - Exercise / Chronic conditions workshop

15th - Movie Day

18th - Outing to Birmingham Zoo

25th - Crafts

28th - Bingo w/Southern Care

Westover Senior Center 205-678-3385 X703
Located in Westover Town Hall
Wednesdays at 10:00 am for
games/speakers/potluck