

# March 2019

## Alabaster Senior Center

1097 7th Street SW, Alabaster, AL 35007  
 (205) 663-1307 Monday—Friday 8:00am– 3:30pm  
[www.cityofalabaster.com](http://www.cityofalabaster.com)

Mon	Tue	Wed	Thu	Fri
<p><i>Lunch is served everyday at 11:30am</i>  <i>Calendars are subject to change</i></p>				<p>1            9:30am Movin &amp; Groovin (50min)            10am Timeless Truth</p>
<p>4            10am Timeless Treasures Singing  <b>12pm Tin Can Flowers Southeast Hospice Network</b></p>	<p>5            9:30am Corn Hole  <b>10am Fat Tuesday Celebration</b>  <b>Decorating Mardi Gras Umbrellas</b>            1:15-2:15pm Gentle Yoga</p>	<p>6  <b>Lunch Bunch Bistro V</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>7            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>8  <b>9:15am Biscuits and tea with Jim N Nick's</b>            9:30am Movin &amp; Groovin (50min)            10am Timeless Truth  <b>12pm Bingo- Oasis Hospice</b></p>
<p>11            10am Timeless Treasures Singing</p>	<p>12  <b>9:15am Goodies with Shelby Rehab Select</b>            9:30am Corn Hole  <b>9:30am Fleecing the Flock—Blankets</b>            1:15-2:15pm Gentle Yoga</p>	<p>13            9am Rook, Rummikub &amp; More            9am Crochet, Knitting and More            9:30am Rummikub            9:30am Arthritis Exercise Program  <b>10am Blood Pressure Checks with Southern Care Hospice</b>            1-2pm Arthritis &amp; More            1-3pm Watercolor Painting</p>	<p>14            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>15            9:30am Movin &amp; Groovin (50min)            10am Timeless Truth  <b>12-1:30pm Technology Class</b></p>
<p>18  <b>Timeless Treasures Perform at Shelby Rehab Select</b>  <b>12:30-3pm Paper Crafting Class</b></p>	<p>19            9:30am Corn Hole  <b>9:15am Movie Madness</b>  <b>9:30-11am Gardening</b>  <b>12pm Davis &amp; Neal Law Firm (M4A)</b>            1:15-2:15pm Gentle Yoga</p>	<p>20            9am Rook, Rummikub &amp; More            9am Crochet, Knitting and More            9:30am Rummikub            9:30am Arthritis Exercise Program  <b>11:45am Health Minute</b>            1-2pm Arthritis &amp; More            1-3pm Watercolor Painting</p>	<p>21  <b>Southern Museum of Flight</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>22            9:30am Movin &amp; Groovin (50min)            10am Timeless Truth  <b>10-11a m Creative Craft</b></p>
<p>25  <b>9:30am Book Club</b>            10am Timeless Treasures Singing  <b>11-12:30pm Doodle, Letter, Journal</b>  <b>12pm Penny Auction with Kindred at Home</b></p>	<p>26  <b>Birding Outing</b>            9:30am Corn Hole  <b>12pm Southeast Hospice Network</b>            1:15-2:15pm Gentle Yoga</p>	<p>27            9am Rook, Rummikub &amp; More            9am Crochet, Knitting and More            9:30am Rummikub            9:30am Arthritis Exercise Program  <b>Senior Spotlight—Sharon &amp; Dan Poset</b>            1-2pm Arthritis &amp; More            1-3pm Watercolor Painting</p>	<p>28            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>29            9:30am Movin &amp; Groovin (50min)            10am Timeless Truth</p>