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2020

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 10:00am Timeless Treasures 12:00pm Mahjongg 12:00pm-Birthday Treats w/ Jessica Southern Care/New Beacon Hospice 5:30-6:30pm Social Dance Lessons <i>Sign Ups</i>	3 Lunch Bunch: The Flying Biscuit Café 1:15-2:30pm Gentle Yoga	4 9am Rook, Rummikub & More 9am Crochet, Knitting and More 9:30-10:30am Arthritis Exercise 10:40-11:10am Facial Yoga 1-2pm Arthritis & More 2:15-2:45pm-Facial Yoga 1-3pm Watercolor 3:00pm Walk Across Shelby County	5 9:15-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor 12-3pm Bridge NO Zumba Gold 1-3pm Watercolor 2:15-3:30pm Gentle Yoga	6 Bingo, Lunch and Tour Regency 9:30 am Movin & Groovin (50min) 3:00pm Walk Across Shelby County	7
8 Spring Forward 	9:30am Walk Across Shelby County Trip 10:00am Timeless Treasures 12:30-3:00pm Papercrafting Class 12:00pm Mahjongg 5:30-6:30pm Social Dance Lessons	10 9:00am Movie Madness 10:00-11:30am Healthy U: 2020 and You 11:45am Singo w/ Kindred Hospice 1:15-2:30pm Gentle Yoga	11 9am Rook, Rummikub & More 9am Crochet, Knitting and More 9:30-10:30am Arthritis Exercise 10:40-11:10am Facial Yoga 10am Blood Pressure Checks w/ Southern Care Clanton/Suncrest 1-2pm Arthritis & More 2:15-2:45pm Facial Yoga 1-3pm Watercolor 3:00pm Walk Across Shelby County	12 9:15-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor 12-3pm Bridge NO Zumba Gold 1-3 pm Watercolor 2:15-3:30pm Gentle Yoga	13 9:15am Biscuits & Tea Jim n Nicks 9:30am Movin & Groovin (50min) 3:00pm Walk Across Shelby County	14
15	16 10:00am Timeless Treasures 12:00pm Tin Can Flowers w/ Southern Care New Beacon Hospice 12:00pm Mahjongg 5:30-6:30pm Social Dance Lessons	17 10:00-11:30am Gardening: Sprouting 11:45amStretching Your Brain w/Stacy 1:15-2:30pm Gentle Yoga	18 9am Rook, Rummikub & More 9am Crochet, Knitting and More 9:30-10:30 am Arthritis Exercise 10:40-11:10am Facial Yoga 12:00pm Health Minute / Rebekah 1-2pm Arthritis & More 2:15-2:45pm Facial Yoga 1-3pm Watercolor 3:00pm Walk Across Shelby County	19 9:15-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor 12-3pm Bridge NO Zumba Gold 1-3 pm Watercolor 2:15-3:30pm Gentle Yoga 1st Day Of Spring	20 State Capital Tour & Lunch 9:30 am Movin & Groovin (50 min) 3:00pm Walk Across Shelby County	21
22	23 9:30am Walk Across Shelby County Trip 10:00am Timeless Treasures 12:00pm Penny Auction with Kindred at Home 12:00pm Mahjongg 5:30-6:30pm Social Dance- Lessons	24 Eat N Local@ Jim N Nicks 1:15-2:30pm Gentle Yoga	25 9am Rook, Rummikub & More 9am Crochet, Knitting and More 9:30-10:30am Arthritis Exercise 10:40-11:10am Facial Yoga 11:45amSenior Spotlight Jay Smith 1-2pm Arthritis & More 2:15-2:45pm Facial Yoga 1-3 pm Watercolor 3:00pm Walk Across Shelby County	26 9:15-10:05am Inter Line Dancing 10:10-11am Beginner Line Dancing 10-12pm Watercolor 12-3pm Bridge NO Zumba Gold 1-3 pm Watercolor 2:15-3:30pm Gentle Yoga	27 9:30 am Movin & Groovin (50min) 11:00-11:30 BP Checks 11:45 Bingo w/ The City (Firemen) 3:00pm Walk Across Shelby County	28
29	30 9:30 Walk Across Shelby County Trip 9:30am Book Club 10:00am Timeless Treasures 12:30-1:30pm Technology w/Patrick 12:00pm Mahjongg 5:30-6:30pm Social Dance Lessons	31 Big Oak Ranch and Lunch Trip 1:15-2:30pm Gentle Yoga		Alabaster Senior Center 1097 7th St SW Alabaster, Al 3500 (205) 663-1307 Monday-Friday 8:00am-3:30pm	Lunch is served everyday at 11:30am Calendars are subject to change	