



**1097 7th Street SW
Alabaster, AL 35007
205-663-1307**

Monday– Friday

8:00 am– 3:30 pm

*Lunch is served everyday
between 11:15-11:30 am*

BLUE TEXT:

REQUIRES SIGN UP

***First day to Sign up for
Programs and outings:
Monday, October 3**

Calendar subject to change

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
OCTOBER 2022						1
2	3 10:00 am Timeless Treasures Singing 12:00 pm Mahjong 12:15 pm Cardio Rhythm	4 10:00 am Grief Support Group 11:45 am Singo 1:00 pm Gentle Yoga 2:10 pm Intermediate Yoga	5 9:00 am Hooks & Needles 9:30 am Active Aging Exercise Class 10:30 am Autogenic Training 12:15 pm Tai Chi 1 pm– 3 pm Open Paint	6 9:15 am Beginner Line Dancing 10:10 am High Beginner Line Dancing 10 am-12 pm & 1 pm– 3 pm Open Paint 12:00 pm Bridge 1:00 pm Gentle Yoga	7 9:30 am Zumba Gold 11:45 am Bingo	8
9	10 Columbus Day No lunch Served 10:00 am Timeless Treasures Singing 12:00 pm Mahjong 12:15 pm Cardio Rhythm	11 10:00 am Acrylic Painting with Darcy 11:45 am Penny Auction 1:00 pm Gentle Yoga 2:10 pm Intermediate Yoga	12 9:00 am Hooks & Needles 9:30 am Active Aging Exercise Class 10:30 am Autogenic Training 12:15 pm Tai Chi 1 pm– 3 pm Open Paint	13 9:15 am Beginner Line Dancing 10:10 am High Beginner Line Dancing 10 am-12 pm & 1 pm– 3 pm Open Paint 12:00 pm Bridge 1:00 pm Gentle Yoga	14 Lunch Around the World "Greek Food Festival" 9:30 am Zumba Gold 9:30 am Jim N Nicks Biscuits and Tea 10:00 am SHIP Speaker	15
16	17 10:00 am Timeless Treasures and Lunch Outing 10:00 am Caregiver Support Group 12:00 pm Mahjong 12:15 pm Cardio Rhythm 12:30 pm Flowers for a Cause	18 1:00 pm Gentle Yoga 2:10 pm Intermediate Yoga 4:30 pm Celebration of Life	19 9:00 am Hooks & Needles 9:30 am Active Aging Exercise Class 10:30 am Autogenic Training 11:45 am Health Minute 12:15 pm Tai Chi 1 pm– 3 pm Open Paint	20 9:15 am Beginner Line Dancing 10:10 am High Beginner Line Dancing 10 am-12 pm & 1 pm– 3 pm Open Paint 12:00 pm Bridge 1:00 pm Gentle Yoga	21 9:30 am Zumba Gold 10:30 am Fall Craft	22
23	24 9:30 am Book Club 10:00 am Timeless Treasures Singing 12:00 pm Mahjong 12:15 pm Cardio Rhythm	25 10:00 am Care Packages 1:00 pm Creative Cardmaking 1:00 pm Gentle Yoga 2:10 pm Intermediate Yoga	26 9:00 am Hooks & Needles 9:30 am Active Aging Exercise Class 10:30 am Autogenic Training 12:15 pm Tai Chi 1 pm– 3 pm Open Paint	27 9:15 am Beginner Line Dancing 10:10 am High Beginner Line Dancing 10 am-12 pm & 1 pm– 3 pm Open Paint 12:00 pm Bridge 1:00 pm Gentle Yoga	28 Day Trip– Lynchburg, TN 9:30 am Zumba Gold 9:30 am Master Gardener Series: Gardening Outside of the Box	29
30	31 10:00 am Timeless Treasures 12:00 pm Mahjong 12:15 pm Cardio Rhythm Halloween Birthday Celebration					