

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 9 a.m. UAB Eye Clinic 8:30 a.m. Total Body Conditioning 10 a.m. Timeless Treasures Hymn Singing 11:30 a.m. Mahjong 12:15 p.m. Cardio Drumming	3 11:45 a.m. TherapySouth Workshop 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga	4 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12:15 p.m. Cardio Drumming	5 Tour Workshops Empowerment Inc. and lunch at Empower Café 9:15 a.m. Beginner Line Dancing 10 a.m. Watercolor Workshop 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga	6 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning 12 p.m. Penny Auction with SouthernCare New Beacon Clanton	7
8	9 8:30 a.m. Total Body Conditioning 10 a.m. Timeless Treasures Hymn Singing 11:30 a.m. Mahjong 12 p.m. Singo with ExpectCare 12:15 p.m. Cardio Drumming	10 10 a.m. Acrylic Painting 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga	11 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12:15 p.m. Cardio Drumming	12 Taste and Tour Alabaster: Tour Fire Station #3 and Lunch Hey Bebe 9:15 a.m. Beginner Line Dancing 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga	13 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning 12 p.m. Milo's Milkshake Bar Valentines Social!	14
15	16 8:30 a.m. Total Body Conditioning 10 a.m. Timeless Treasures Hymn Singing 11:15 a.m. "Mardi Gras" Pancake Breakfast with Earl and DJ performing 11:30 a.m. Mahjong 12:15 p.m. Cardio Drumming No Regular Meals- Presidents' Day	17 10 a.m. Pour Painting 1 p.m. Cardmaking Class 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga	18 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12:15 p.m. Cardio Drumming	19 9:15 a.m. Beginner Line Dancing 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga	20 Coffee Concert and Lunch at La Paz 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning	21
22	23 8:30 a.m. Total Body Conditioning 9:30 a.m. Book Club 10 a.m. Timeless Treasures Hymn Singing and Lunch 11:30 a.m. Mahjong 12:15 p.m. Cardio Drumming 1 p.m. Master Gardener Series	24 Shop at the Painted Tree, Lunch Vecchia and dessert at Vecchia Gelato 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga	25 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12:15 p.m. Cardio Drumming	26 9:15 a.m. Beginner Line Dancing 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga	27 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning 12 p.m. Bingo with SouthernCare New Beacon Alabaster	28
205-663-1307 1097 7 TH STREET SW ALABASTER, AL 35007 MONDAY-FRIDAY 8 AM- 3:30 PM				LUNCH IS SERVED DAILY at 11:15 a.m. First Come, First Serve!	<div><div></div> Blue Text: Sign-Up Required (Begins February 2nd)</div> <div><div></div> Red Text: No Sign-Up Required</div> <div>Calendar Subject to Change</div>	