



IRONDALE SENIOR ACTIVITY CENTER

5313 Beacon Drive - Irondale, AL 35210 - 205-951-1418

Monday – Friday 8:30 – 3:00

<https://cityofirondaleal.gov/departments/senior-citizens-center/>

Thursday, January 2, 9, 16, 30 —Knitting Class w/ Janice Weinstein—11:30 —Bring your own materials or purchase for \$11.00 Join beginners and experts as we learn to knit. **Sign up is required.**

Friday, January 3—Video “TED Talk” & Discussion: How to keep your new year’s resolutions—10:30

Monday, January 6—Learn to play Rummikub—11:30—Easy tile-based game with elements of rummy and mahjong

Wednesday, January 8—Birthdays & Bingo—11:30 — Celebrate the birthdays of the month and win some prizes as we enjoy cake and ice cream!

Thursday, January 9 - Men’s Coffee w/ Special Guest: Gerald Watkins-Chairman and Executive Director of Rickwood Field— 9:00 —Enjoy coffee, breakfast snacks and casual conversation with special guests.

Thursday, January 9—Ceramics Open House—12:00—1:30 —Come learn about the ceramics program and how you can get involved. Beginners and Pros welcome.

Friday, January 10—Hot Chocolate & Toppings Bar Social—10:30 —It’s Alabama, so it may be 20 degrees or 80 degrees. Either way, sip some hot cocoa topped with a variety of toppings with friends.

Monday, January 13—Steps to Safety presented by the Irondale Fire Department: Tripping Hazards - 11:30

Tuesday, January 14—Trivia Games—11:30 — Have fun testing your trivia knowledge and you may win a prize.

Wednesday, January 15—Special Speaker: Intro to Genealogy—11:30 — Want to learn how to do genealogical research? This introductory class will help get you started on your journey. Birmingham Public Library's Southern History Department Staff covers such topics as vital records, courthouse and church records, and the Federal Census.

Friday, January 17—Movie & Popcorn: King Richard—10:30 —Armed with a clear vision and a brazen, 78-page plan, Richard Williams is determined to write his two daughters, Venus and Serena, into history.

Tuesday, January 21—Sip & Paint w/Darcy—11:00 —Have some fun with other beginners and instructor Darcy Walker as we sip on coffee or hot cocoa and leave with a masterpiece. Supplies provided. **Sign up is required.**

Wednesday, January 22—Bible Study with Bishop George Whitlock, III—12:00 —Bishop Whitlock is Senior Pastor at with The Vine Church in Irondale.

Thursday, January 23—Special Speaker: Charles Woods, III, Education Director with Birmingham Civil Rights Institute—The Importance of Selma in Civil Rights History—11:30 a.m.

Friday, January 24—Trip to Selma—SOLD OUT




Monday, January 27—Bible Huddle w/ Pastor Mike McClure—11:30 a.m.— God’s word with City Chaplain Mike McClure.

Wednesday, January 29—Lunch Bunch—Saltgrass Hoover—vans leave at 11:00 a.m.—Try new restaurants and make new friends. Pay for your own lunch. **Sign up is required.**

Thursday, January 30—Karaoke w/Shades Valley HS Choir—10:30 a.m.—Let your inner Rock Star loose along with these talented students from Shades Valley High School.

Friday, January 31—Hearing Clinic with Birmingham Speech & Hearing—10:00—12:00—Ears checked for build up and basic pure tone threshold screening available.

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 8:30 Coffee w/ Director 9:15 Yoga w/ Carmela 9:30 @I Am Love Fitness 10:15 Line Dance w/Desi 10:30 Blood Pressure Ck	31 CLOSED NEW YEAR'S EVE 	1 CLOSED NEW YEAR'S DAY 	2 8:30 Coffee w/ Director 9:15 Yoga w/ Carmela 9:30 @ I Am Love Fitness 10:30 Line Dance w/ Pat 11:30 Knitting Class w/ Janice	3 8:30 Coffee w/ Director 9:15 Whole Body Fitness w/ Carmela 10:30 Video "TED Talk" and Discussion: How to Keep Your New Year's Resolutions
6 8:30 Coffee w/ Director 9:15 Yoga w/ Carmela 9:30 @I Am Love Fitness 10:15 Line Dance w/Desi 10:30 Blood Pressure Ck 11:30 Learn to play Rummikub	7 8:30 Coffee w/ Director 9:00 Art w/ Dale 9:00 Chair Yoga Video 9:30@ I Am Love Fitness 10:30 Line Dance w/ Pat	8 8:30 Coffee w/ Director 9:00 Chair Yoga Video 10:00 Exercise w/ Kobe 11:30 Birthdays & Bingo	9 8:30 Coffee w/ Director 9:00 Men's Breakfast w/ Exec. Dir. Of Rickwood Field 9:15 Yoga w/ Carmela 9:30 @ I Am Love Fitness 10:30 Line Dance w/ Pat 11:30 Knitting Class w/ Janice 12:00– 1:30 Ceramics Open House	10 8:30 Coffee w/ Director 9:15 Whole Body Fitness w/ Carmela 10:30 Hot Chocolate & Toppings Bar Social
13 8:30 Coffee w/ Director 9:15 Yoga w/ Carmela 9:30 @I Am Love Fitness 10:15 Line Dance w/Desi 10:30 Blood Pressure Ck 11:30 Steps to Safety: Tripping Hazards	14 8:30 Coffee w/ Director 9:00 Art w/ Dale 9:00 Chair Yoga Video 9:30@ I Am Love Fitness 10:30 Line Dance w/ Pat 11:30 Trivia Games	15 8:30 Coffee w/ Director 9:00 Chair Yoga Video 10:00 Exercise w/ Kobe 11:30 Special Speaker: Intro to Genealogy	16 8:30 Coffee w/ Director 9:15 Yoga w/ Carmela 9:30 @ I Am Love Fitness 10:30 Line Dance w/ Pat 11:30 Knitting Class w/ Janice	17 8:30 Coffee w/ Director 9:15 Whole Body Fitness w/ Carmela 10:30 Movie & Popcorn—King Richard
20 CLOSED MARTIN LUTHER KING, JR. DAY 	21 8:30 Coffee w/ Director 9:00 Art w/ Dale 9:00 Chair Yoga Video 9:30@ I Am Love Fitness 10:30 Line Dance w/ Pat 11:00 Sip & Paint w/ Darcy	22 8:30 Coffee w/ Director 9:00 Chair Yoga Video 10:00 Exercise w/ Kobe 12:00 Bible Study with Pastor George Whitlock	23 8:30 Coffee w/ Director 9:15 Yoga w/ Carmela 9:30 @ I Am Love Fitness 10:30 Line Dance w/ Pat 11:30 Special Speaker: Charles Woods w/ BCRI	24 8:30 Coffee w/ Director 9:15 Whole Body Fitness w/ Carmela 7:45-4:30 Selma Trip
27 8:30 Coffee w/ Director 9:15 Yoga w/ Carmela 9:30 @I Am Love Fitness 10:15 Line Dance w/Desi 10:30 Blood Pressure Ck 11:30 Bible Huddle w/ Pastor Mike	28 8:30 Coffee w/ Director 9:00 Art w/ Dale 9:00 Chair Yoga Video 9:30@ I Am Love Fitness 10:30 Line Dance w/ Pat	29 8:30 Coffee w/ Director 9:00 Chair Yoga Video 10:00 Exercise w/ Kobe 11:00 Lunch Bunch—Salt Grass	30 8:30 Coffee w/ Director 9:15 Yoga w/ Carmela 9:30 @ I Am Love Fitness 10:30 Karaoke w/Shades Shades Valley HS Choir 11:30 Knitting Class w/ Janice	31 8:30 Coffee w/ Director 9:15 Whole Body Fitness w/ Carmela 10:00-12:00 Hearing Clinic