



MONDAY



LUNCH EVERY DAY
11:30 - 12:30

4

8:00 Walking Club
8:30 Director's Coffee
9:15 Exercise- Carmela
9:30 Go to Gym
10:15 Line Dance- Desi
10:30 BP Check
12:30 Celebrate
National Chocolate
Chip Cookie Day



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8:00 Walking Club
8:30 Director's Coffee
9:15 Exercise-Carmela
9:30 Go to Gym
10:15 Line Dance- Desi
10:30 BP Check
12:30 Steps To Safety:
Irondale Fire Dept.



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8:00 Walking Club
8:30 Director's Coffee
9:15 Exercise-Carmela
9:30 Go to Gym
10:15 Line Dance- Desi
10:30 BP Check



TUESDAY



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8:00 Walking Club
8:30 Director's Coffee
9:00 Art Class- Dale
9:00 Exercise- Lacey
9:30 Go to Gym
10:00 Exercise -
Carmela
11:00-2:00 Ceramics
12:30-Self Defense-
Reno

12

8:00 Walking Club
8:30 Director's Coffee
9:00 Art Class- Dale
9:00 Exercise- Lacey
9:30 Go to Gym
10:00 Exercise -
Carmela
11:00-2:00 Ceramics
12:30 Learn to Take
Better Cell Phone
Photos

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8:00 Walking Club
8:30 Director's Coffee
9:00 Art Class- Dale
9:00 Exercise- Lacey
9:00 - 11:00 UAB
Vision Screening
9:30 Go to Gym
10:00 Exercise -
Carmela
11:00-2:00 Ceramics
12:30 Bible Study-
Pastor Mike McClure

26

8:00 Walking Club
8:30 Director's Coffee
9:00 Art Class- Dale
9:00 Exercise- Lacey
9:30 Go to Gym
10:00 The Tech Guy
10:00 Exercise-
Carmela
11:00-2:00 Ceramics

WEDNESDAY



6

8:00 Walking Club
8:30 Director's Coffee
9:00 Exercise- Lacey
10:00 Tai Chi- Galina
1:00-3:00 Games
12:30 Birthdays and
Bingo



13

8:00 Walking Club
8:30 Director's Coffee
9:00 Exercise- Lacey
10:00 Tai Chi- Galina
1:00 - 3:00 Games
12:30 Coffee House:
Hoss Carl



20

8:00 Walking Club
8:30 Director's Coffee
9:00 Exercise- Lacey
10:00 Tai Chi- Galina
12:30 Intro to Quilting
1:00-3:00 Games



27

8:00 Walking Club
8:30 Director's
Coffee
9:00 Exercise- Lacey
10:00 Tai Chi- Galina
12:30 Bible Study -
Pastor George
1:00 - 3:00 Games

THURSDAY



7

8:00 Walking Club
8:30 Director's Coffee
9:00 Men's Coffee
9:15 Exercise- Carmela
9:30 Go to Gym
10:00 Exercise with
Carmela
10:30 Knitting-Janice
11:00-2:00 Ceramics
12:30 Banana Pudding
Demonstration

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8:00 Walking Club
8:30 Director's Coffee
9:00 Men's Breakfast -
AL.com Sports
Columnist Michael
Casagrande
9:15 Exercise- Carmela
9:30 Go to Gym
10:00 Exercise-
Carmela
11:00-2:00 Ceramics

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8:00 Walking Club
8:30 Director's Coffee
9:00 Men's Coffee
9:15 Exercise- Carmela
9:30 Go to Gym
10:00 Exercise-
Carmela
10:30 Knitting- Janice
11:00-2:00 Ceramics
12:30 - Self Defense-
Reno

28

8:00 Walking Club
8:30 Director's Coffee
9:00 Men's Coffee
9:15 Exercise- Carmela
9:30 Go to Gym
10:00 Exercise-Carmela
11:00-2:00 Ceramics
12:30 Gun Safety Class

FRIDAY

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8:00 Walking Club
8:30 Director's
Coffee
9:15 Exercise-
Carmela
10:15 Line Dance-
Desi

8

8:00 Walking Club
8:30 Director's
Coffee
9:15 Exercise
with Carmela
10:15 Line Dance
with Desi
12:30 Movie &
Popcorn: While
You Were Sleeping

15

8:00 Walking Club
8:30 Director's
Coffee
9:15 Exercise-
Carmela
10:15 Line Dance-
Desi
12:30 McWane
Science Center &
IMAX



22

8:00 Walking Club
8:30 Director's
Coffee
9:15 Exercise-
Carmela
10:15 Line Dance-
Desi
12:30 DJ DOUG

29

8:00 Walking Club
8:30 Director's
Coffee
9:15 Exercise-
Carmela
10:15 Line Dance-
Desi



SENIOR ACTIVITY CENTER

5313 BEACON DRIVE, IRONDALE, AL 35210

MONDAY-FRIDAY | 8:30 A.M. - 3:00 P.M.

CALL US TO GET CONNECTED: (205)951-1418



EVERYDAY: LUNCH (11:30 - 12:30) - Age 60+. No charge, but donations appreciated.

Everyday: Walking Club (8:00) - Make friends and walk to better health.

Tuesdays and Wednesdays: Games (1:00-3:00) - Pick up a game of Rummikub, Mah Jong, Skip Bo, Bid Whist, Dominos, Rook, and more!

Every Wednesday: Tai Chi with Galina (10:00) - Learn ancient techniques to help with arthritis and fall prevention.

Every Thursday: Men's Coffee (9:00) - Just for guys. Good coffee & conversation.

Monday, August 4: National Chocolate Chip Cookie Day (12:30) - Enjoy cookies and milk to celebrate this treat.

Tuesday, August 5 and Thursday, August 22: Self Defense with Reno (12:30)- Learn life-saving skills.

Wednesday, August 6: Birthdays & Bingo (12:30)- Cake, bingo, & prizes!

Thursday, August 7 and Thursday, August 22: Knitting & Crocheting with Janice (10:30)- Beginners and Advanced.

Thursday, August 7: Banana Pudding Demonstration by Golden Rule BBQ (12:30) Learn the secrets to making the perfect dessert.

Friday, August 8: Movie & Popcorn- "While You Were Sleeping" (12:30)- Watch this Sandra Bullock Rom-Com with friends.

Tuesday, August 12: Speaker: Take Better Cell Phone Pictures with Rosemary McGuire (12:30) - Take pictures like a pro using features you didn't know you had.

Wednesday, August 13: Coffee House with Hoss Carl (12:30). Carl will perform feel-good music that will have you dancing in the aisles!

Thursday, August 14: Men's Breakfast - Special Guest Michael Casagrande (9:00)- AL.Com Senior Sports Writer and Podcast host.

Friday, August 15: Visit McWane Science Center and see IMAX documentary "Super Human Body". (Depart ISAC at 12:30) - \$20.

Tuesday, August 19: Vision Screening by UAB Dept. of Optometry and Vision Services (9:00-11:30)

Wednesday, August 20: Intro to Quilting (12:30) - Curious about the art of quilting? Learn about the basics and get started.

Friday, August 22: DJ Doug is back to play "That's My Song" for fun and prizes (12:30) - Test your musical knowledge of song titles and artists.

Tuesday, August 26: Tom the Tech Guy (10:00) - Bring your charged device and questions about phones, tablets, and laptops.

Thursday, August 28: Gun Safety with Sgt. Mike Tolliver (12:30) - Review the basics about firearms before our September shooting range outing.