



The City of Irondale

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, Bridge and more!

Wednesdays: Tai Chi with Galina (10:00) - This exercise class helps with arthritis and fall prevention.

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

Tuesday 9/2 and Thursday 9/18: Quilting Basics (12:30) - Jump in any time and start making a 24x24 wall hanging. Starter kit with all materials available for \$10.

Wednesday 9/3: Birthdays & Bingo (12:30) - Cake, bingo, & prizes!

Thursday 9/4 and Thursday 9/25: Knitting & Crocheting with Janice (10:30) - Beginners & Advanced.

Thursday 9/4: Back to School Ice Cream Social (12:30) - Wear your team colors & enjoy ice cream.

Friday 9/5: Mat Yoga for Beginners (12:30) - Get "bendy" learning yoga poses with Carmela. Bring your own mat.

Monday 9/8 - Thursday 9/11: Firearm Safety - Sign up for firearm practice and instruction at the Irondale Police Department Firing Range.

Monday 9/8: Oxford, AL Fall Senior Adult Day (7:00) - Join other seniors in Oxford for a morning full of fun and then lunch at M&J Home Cooking. Return mid-afternoon. Space is limited.

Wednesday 9/10: Alzheimer's Discussion (12:30) - Learn about the symptoms, treatment, and research from the UAB Alzheimer's Disease Center.

Thursday 9/11: Irondale 911 Calls (12:30) - Learn important information to share on a 911 call. Complete an information form to have on file with dispatch in case of emergency.

Friday 9/12: Jeff Co. Senior Wellness Resource Expo (8:15) - Vendors, prizes, and entertainment await us at the Bill Harris Arena Complex. Return mid-afternoon. Space is limited.

Monday 9/15: Verna Gates will share information from her book "100 Things to Do in Birmingham Before You Die" (12:30).

Wednesday 9/17: Basics of Bridge (12:30) - This session will give you an overview of the game of bridge and direct you to further training.

Thursday 9/18: Men's Breakfast (9:00) - Special Guest: Scott Buttram, Publisher of The Trussville Tribune. Breakfast from Golden Rule BBQ. No charge.

Friday 9/19: Movie & Popcorn (12:30) - "The Last Holiday," Romantic Comedy starring Queen Latifah.

Monday 9/22: Fishing Basics (12:30) - Coosa River Keepers will share the best places to fish and what you will need to catch a big one in our area.

Thursday 9/25: Painting with Darcy (12:30) - Join this fun session for beginners and take home a masterpiece. Supplies provided.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1 HAPPY LABOR DAY CENTER CLOSED</p> 	<p>2 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 Quilting Basics</p>	<p>3 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</p> 	<p>4 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 Ice Cream Social- Wear Your Team Colors</p>	<p>5 8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance with Desi 12:30 Beginners Yoga with Carmela</p>	
<p>8 7:00 Oxford Fall Senior Adult Day 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</p>	<p>9 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</p> 	<p>10 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 Speaker: UAB Alzheimers Disease Center</p>	<p>11 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 Science Behind an Irondale 911 Call</p>	<p>12 8:00 Walking Club 8:00 JeffCo Senior Wellness Resource Expo 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance with Desi</p> 	
<p>15 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 Speaker: Author Verna Gates "100 Things to Do in Birmingham Before you Die"</p>	<p>16 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 Bible Huddle with Pastor Mike McClure, Sr.</p>	<p>17 8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Lacey 10:00 Tai Chi-Galina 12:30 Speaker:Basics of Bridge 1:00 - 3:00 Games</p> 	<p>18 8:00 Walking Club 8:30 Director's Coffee 9:00 Men's Breakfast - Scott Buttram, Publisher of The Trussville Tribune 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 Quilting Basics</p>	<p>19 8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance with Desi 12:30 Movie - The Last Holiday</p> 	
<p>22 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 Speaker: Fishing Basics</p> 	<p>23 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</p> 	<p>24 8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Lacey 10:00 Tai Chi-Galina 12:30 Pastor George Whitlock Bible Study 1:00-3:00 Games</p> 	<p>25 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 Beginners Painting with Darcy</p>	<p>26 8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise- Carmela 10:15 Line Dance- Desi</p> 	
<p>29 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 Captain Brasher Steps to Safety</p>	<p>30 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</p>	<p>LUNCH IS SERVED DAILY 11:30 - 12:30</p> 			