



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>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>3</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Kobi 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics</p> 	<p>4</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Kobi 10:00 Tai Chi-Galina 10:00 - 1:00 Ceramics 12:30 Bridge 12:30 Painting w/ Darcy</p> 	<p>5</p> <p>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 &amp; Crocheting Class 12:30 Beginning Quilting</p>	<p>6</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi</p>
<p>9</p> <p>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 11:30 Safety Lunch &amp; Learn - Capt. Brasher 12:30 King Cake Party with Mardi Gras Music by Chuck King</p> 	<p>10</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Kobi 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 Mayor James Stewart: "Living the Dream" Program</p>	<p>11</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Kobi 10:00 Tai Chi-Galina 10:00 - 1:00 Ceramics 12:30 Bridge 12:30 Birthdays &amp; Bingo</p> 	<p>12</p> <p>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 12:30 Valentine's Event</p> 	<p>13</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Movie: Shirley</p>
<p>16</p> <p>President's Day - ISAC Closed</p> 	<p>17</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Kobi 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 Active Shooter Training</p>	<p>18</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Kobi 10:00 Tai Chi-Galina 10:00-1:00 Ceramics 12:30 Bridge 12:30 Bible Huddle w/ Pastor Mike McClure</p> 	<p>19</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Mens Breakfast: Jared Morris-Irondale Water Dept. 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela</p>	<p>20</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 9:30 Negro Southern League Baseball Museum &amp; Lunch at Yo Mama's 10:15 Line Dance-Desi</p> 
<p>23</p> <p>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>24</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Kobi 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 DJ Doug - Play "That's My Song" Game</p> 	<p>25</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Kobi 10:00 Tai Chi-Galina 10:00 - 1:00 Ceramics 12:30 Bridge 11:30 Pastor George Whitlock Lunch &amp; Bible Study</p>	<p>26</p> <p>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 10:00 - 3:00 STAR ID EVENT 10:30 Knitting &amp; Crocheting Class 12:30 Beginning Quilting</p> 	<p>27</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Documentary: Sunday Best</p> 





# The City of Irondale

## SENIOR ACTIVITY CENTER

5313 BEACON DRIVE, IRONDALE, AL 35210

MONDAY-FRIDAY | 8:00 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, 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.

**Wednesdays:** Bridge (11:30) - Come join a game of bridge for the afternoon.

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

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**Wednesday 2/4** Painting with Darcy (12:30) Reveal your inner artist with this just-for-fun painting session.

**Thursday 2/5 & 2/26** Knitting and Crocheting class with Janice (10:30) Beginners or experts.

**Thursday 2/5 & 2/26** Quilting Basics (12:30) – Learn to make a square that will be included in quilt to hang in the Senior Center.

**Monday 2/9** King Cake Party and Mardi Gras Music with Chuck King (12:30) - Laissez les bons temps rouler: "Let the good times roll."

**Tuesday 2/10** Speaker: Mayor James D. Stewart, Jr. on "Living the Dream" (12:30) - Irondale's first African-American Mayor honors the legacy of Black history leaders.

**Wednesday 2/11** Birthdays & Bingo (12:30) - Cake, prizes and fun!

**Thursday 2/12** Decorate Valentine's Cookies (12:30)

**Friday 2/13** Movie & Popcorn: "Shirley" (12:30) - Biographical drama starring Regina King about the first Black woman elected to Congress.

**Tuesday 2/17** Active Shooter Training (12:30) - The Irondale Police Department will share strategies to use if you encounter an active shooter.

**Thursday 2/19** Men's Breakfast: Jared Morris (9:00) - The Superintendent of the Irondale Water System shares information about our water and the latest from the Water Department.

**Friday 2/20** Field Trip: Negro Southern League Baseball Museum and lunch at Yo Mama's - Vans leave at 9:30 a.m. No charge for museum, lunch on your own.

**Tuesday 2/24** DJ Doug plays "That's My Song" (12:30) - Win prizes and test your music knowledge with this cross between Jeopardy and Name That Tune.

**Thursday 2/26 STAR ID Event (10:00 – 3:00) - A STAR ID in Alabama is an added level of security that is required for domestic flights and for accessing secured federal buildings and military bases. It is indicated by a gold star on a driver's license. SIGN UP FOR A TIME SLOT TO GET YOUR STAR ID AT THE SENIOR CENTER. REGULAR FEES APPLY. A LIST OF REQUIRED DOCUMENTATION IS AVAILABLE AT OUR OFFICE.**

**Friday 2/27** Documentary: "Sunday Best" (12:30) - Learn how Ed Sullivan was a champion of Black artists, using his variety show to promote integration during the Civil Rights era.