



# IRONDALE SENIOR ACTIVITY CENTER

*April 2024 Volume 35 Issue 16*

**Class Hours: Mon.-Thur. from 9:00 AM -3: 00 PM**

**Office Hours: Monday-Thursday from 7:30 AM — 3:00 PM**

The runoff election is April 16th.  
**REMEMBER TO VOTE!**

**BINGO**

Oak Street Health 4/11/24 at 1:00 PM  
ISAC Wednesdays at 1:00 P.M.

Membership Scholarships  
are available  
for residents of Irondale.

Transportation to the Center for  
Irondale Residents  
will be delayed until further notice.



Welcome April!

“April is recognized as National Stress Awareness Month. Managing stress is an essential component of a healthy lifestyle.”



**Dr. Hernando Carter**  
Market Medical Director  
ArchWell Health  
4/09/24 @ 10:30 am

“April is a reminder that something better  
is always around the corner.”

- Unknown



## ***DESI WITH D2 LINE***

*D2 Line Dancing opens up every Monday for “Karaoke Nights with Rickey Smiley” at the Stardome Comedy Club. Now, **Desi Keith**, yes **D2** himself, will be opening up every Monday morning for the patrons of ISAC.*

***Desi Keith** has been a fitness and line dance instructor for more than 10 years, teaching Zumba, line dancing, and aerobics. Don't miss the fun!*

***Join the Irondale Sr. Activity Center!***

# Thank You to Women's History Month Speakers



Mrs. Pat Lowe  
State Farm Agent



Mrs. Ellyn Grady  
Past VP United Way



Mrs. Emma Rutledge  
Retired Nurse Admin.



Ms. Emma Tolbert  
Asst. to the Mayor



Dr. Delois Guy  
Prof Emeritus UAB



March Birthday Celebrities



## 2024 IRON-WOMEN

*Kim McDanal, Heidi Marimberga, Carolyn Jones, Velma Freeman, Marsha Kelley-Sutton, Cathy Sanderson, DeeDee Brasher, and Kimberly Myles-Stewart were honored during Women's History Month by Mayor James D. Stewart.*

## ISAC INDOOR

### Egg Hunt



## AREA HAPPENINGS

**City Council Work Sessions and Committee Meetings:**  
Time and Date Varies.

**City Council Meetings:** Usually the 1st and 3rd Tues @ 6 PM

**Exchange Club of Irondale** meets the 2nd Tuesday @ 11:30 and the 4th Tuesday @ 5:30 at the Jubilee. (205) 956-5875.

**Holiday Gardens Neighborhood Association** meets @ ISAC 2nd Tues., 6:30-7:45 PM

## Your Irondale Senior Center Team:

Marsha Kelley-Sutton, Interim Exec. Director  
Wynette Moss—Administrative Coordinator  
Paul Zimmerman—Center Rental Manager  
Velma Freeman—Asst. Center Rental Mgr.  
Lula Abron--Ceramic Instructor  
Dorothy Taylor, Craft Instructor  
James Doug Watkins-Facilities Engineer

**Please like our Facebook page:  
Irondale Senior Activity Center**  
<https://www.facebook.com/irondaleseniors>

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**Call (205) 951-1418**