


**The Center will be Closed
 March 7th for School Voting**



“Could you be our next Ms. Senior Irondale?”

The Ms. Senior Irondale Pageant will be Saturday, April 8th at 2:00 at the Shades Valley High School Auditorium. We are looking for contestants now. Requirements are you must be 60 years young, have a talent, philosophy of life, poise, interview well, be a resident of Irondale or attend church, be a member of the Senior Center, work or have grandchildren in Irondale. If not you, perhaps a friend, neighbor, church member, etc. There is a \$25 sign up fee and workshops are set up. Contact Cathy at the Center for more information, 951-1418. This is a fun adventure, providing an opportunity for a Senior Lady to be showcased, and family and friends to cheer her on!



**St Patrick’s Day Party
 Friday, March 17th**

Join us for a St. Patrick’s Day Lunch at 11:30 followed by a party at 12:30. There will be Bingo and prizes! Be sure to wear your green so you don’t get pinched!



Pearl River Resort™
 Wednesday, March 15th
 Choctaw, MS

\$30 Price includes bus trip and \$25 free play and lunch.
 Bus leaves the center at 7:00 am and returns 7 pm
**Your payment is due no later than
 Friday, March 10th**

This is a popular trip. If your payment is not received by the deadline date you will be removed from the reservation list so that we can fill your seat with someone on the waiting list.
 This trip is open to all over 21!

Please call Penny at the Center, 951-1418.

THE ARK ENCOUNTER & CREATION MUSEUM

5 Days, 4 Nights \$549 per person, double occupancy, add \$179 for single occupancy



Monday-Friday April 17-21, 2017

The Ark Encounter is a replica of biblical proportions of Noah’s Ark. Built in Williamstown, Kentucky it is a 510 foot long, \$100 million dollar attraction. Trip includes motor coach transportation, 4 nights lodging, 8 meals (4 breakfast and 4 dinners), admission to the Ark Encounter, admission to the famous Creation Museum, dinner party with entertainment, admission to the Newport Aquarium, admission to the Cincinnati Zoo and Botanical Gardens. We will be staying in Cincinnati, Ohio, 45 minutes away from the Ark.

You can invite family, friends and/or church members to go on this trip with you. They do not have to be a member of the Irondale Senior Activity Center or a senior. Please, no small children. We need at least 30 people to make this trip happen.

A \$75 deposit is due upon signing. Final payment due 2-13-17. Trip insurance is available for \$45.

Cathy Sanderson, Activity Coordinator, Group Leader, 951-1418



**Ride the Crescent to
 New Orleans
 Monday—Thursday
 May 15th—18th**

Annual New Orleans/Amtrak Spring Trip
 Base Cost Includes 3 nights at a hotel, Round trip on Amtrak, 3 Day Jazzy Pass, Round trip Shuttle services. \$50 Non-refundable Deposit payment required. Prices for hotel have not been locked in, expected this week. Call Center for more information.

Birthday Party
Wednesday,
March 22
at 11:30



Make your reservations by
March 17th



Lunch for all our March Birthday Stars!

| | |
|-------------------------|------|
| Judith Bercher..... | 3/1 |
| Cora Strozier..... | 3/2 |
| Gladys Nichols..... | 3/4 |
| Charles Holmes..... | 3/6 |
| Shirley Townley..... | 3/6 |
| Lisa Kyle..... | 3/6 |
| Judy Reska..... | 3/6 |
| Beverly Alexander..... | 3/8 |
| Tommy L. Bender..... | 3/8 |
| Betty Burchfield..... | 3/11 |
| Esther Daulton..... | 3/11 |
| Mary Keene..... | 3/11 |
| Linda Schupmann..... | 3/11 |
| Vivian W. Jones..... | 3/13 |
| Delois Dozier..... | 3/15 |
| Mary John Jones..... | 3/15 |
| Kristy Wynn..... | 3/16 |
| Mary Hightower..... | 3/16 |
| Patsy Bright..... | 3/17 |
| Pete Crye..... | 3/17 |
| Ernestine Browning..... | 3/18 |
| Sue Smith..... | 3/18 |
| Patricia Dortch..... | 3/18 |
| Jean Rich..... | 3/18 |
| Mildred Truss..... | 3/20 |
| Dean Rowe..... | 3/23 |
| Addie Chandler..... | 3/23 |
| Barbara Fiebel..... | 3/24 |
| Peggy Holmes..... | 3/25 |
| Cherly Taylor..... | 3/26 |
| Fredenia Chambers..... | 3/29 |
| Brent Gilliland..... | 3/31 |
| Teresa Bender..... | 3/31 |

Need Meeting Space?

The center is available for rent evenings and weekends for your meetings, parties and special events.
\$175 for 4 hours & \$25/extra hour
 Contact the center for date availability.
Center phone # 951-1418



TRANSPORTATION NEWS

The bus leaves the center every morning no later than 7:30 for pick-up. If you want to be picked up you must notify the center no later than 7:00 am. Leave a message for the bus driver at 951-1418 ext. 3.



February Birthday Stars
Francis Matthews, Lucille Crowe, Lola Bunn and Cathy Sanderson

FREE Private Computer Classes



Dr. Joey Gafford

March 30 & 31
(Thursday / Friday)
 Call the center for availability.

April 27 & 28 (Thursday/Tuesday)
 Call the center for availability

Classes fill up quickly, so reserve your spot for a class today!

ATTN: 3 USED NET BOOKS FOR SALE! CALL ME!

Dr. Joey is also available for In-Home Computer Repair when he is in town. Appointments are limited so give him a call at 1-888-361-0509.

He also has an assortment of used and refurbished computers for sale. This includes laptops and desktops starting at around \$150.

If your birthday is incorrect or not listed, please contact the Center (951-1418).



"Danna's Delights"

While our senses of taste and smell diminish with age, we train the ability to distinguish sweet tastes the longest, leading many people to consume more sugar and refined carbs (that convert to sugar in our bodies) than is healthy. Unlike complex carbs that are rich in fiber, refined or simple carbs (such as white rice, white flour, refined sugar) can lead to a dramatic spike in blood sugar, followed by a rapid crash which leaves you feeling hungry and prone to overeating. Ideas to help you reduce sugar and carb intake are, slowly reduce the sugar in your diet, instead of adding sugar increase sweetness by using naturally sweet foods, replace refined carbs with complex carbs such as oatmeal, beans, vegetables, don't replace fat with carbs, and avoid soda and sweetened coffees.



Our Special Prayer List

Joyce Martin
Don Standifer
Gail Manning
Virginia Stewart
Virginia's
Daughter, Pam
John McAlister

Jack Bailey
Maria Foshee
Cathy Olson
Pearline Stallworth
Maria Josher
Beth Smith
Hoyt Stovall

Volunteers Needed

To help serve once a month.
(Second Thursday of each month)
Thursday, March 9th



Bus will leave the Center at 10:30 and return in time for lunch.

If you want to be an important part of this rewarding mission work, put your name and phone number on the activity board list so Ruth can schedule your serve day.



Lovelady Thrift Store

Wednesday, March 8TH 12:30



Comfort Counseling

Individual, Couple and Family Therapy

Comfort Counseling

Friday, March 10th 10:30
Charles Rutledge, Chaplain
With Vitas

HAPPY 60TH ANNIVERSARY
Billy and Esther Daulton

Our own Billy and Esther/ Daulton celebrated their 60th wedding anniversary on February 2. They were married on Grounds Hogs Day in 1957. They enjoy spending time with their family, daughters, grandchildren and great grands, church friends from Crestway Baptist Church and their many friends here at the Center!



Our Deepest Sympathy is extended to

Family of Joyce Bates

Cathy Olson in the death of her daughter, Elaine Shaw



Gospel Singing with Marty

Friday, March 3rd 12:30

Your Irondale Senior Center Team

Susan Clark- Director
Penny Gagliano - Administrative. Asst.
Cathy Sanderson - Activities Coordinator/Yoga Inst.
Danna Wright - Kitchen Manager
Ruth Fielding - Ceramics Instructor, Assistant
Dale Lucas- Art Instructor
Rachael Relaford - Yoga Instructor
Ashley Moore- Dancer-Size
William Dimbo - Bus Driver
Paul Zimmerman - Center Rental Manager

Temporary and Volunteer Helpers

Debbie Ash - Lunch Assistant
Barbara Wright-Lunch Assistant

Dancer-Size Fitness Classes

will be holding a **Beginners Line Dancing Class every Tuesday and Thursday (Free) at 8:30 am AND Every Saturday Advanced Classes \$10 (Except no class March 4th) At 9:00AM, All Ages on Saturdays**

By: Ashley Moore
Owner and Director of
Jovani Dance Factory



BINGO MANIA™

www.gambing.it



Every
Tuesday and
Thursday
9:30 - 11:30

Earn points daily as you play throughout the month. The participant with the most points **March 30th** will win the monthly Grand Prize!
This will be an ongoing tournament to be rebooted each month.



First Monday Bingo

March 6th at 12:30

Sponsored by:



Fair Haven
Retirement Community
Methodist Homes of Alabama & Northwest Florida



**Border Run to State Line
for Lottery Tickets
Tuesday, March 24th**

10:00 AM \$5.00 Bus plus \$ for Lunch

BIRTHDAY PARTY

Wednesday,
March 22nd

Lunch at 11:30
Bingo at 12:30

Reservations must be
made by Monday,
March 20th

Lunch and Bingo Fun!

Sponsored by:



Everett W. Wess, Attorney at Law
will be here on
Monday, March 6th at 10:30.



Mr. Wess will be answering
questions about wills and other legal matters that are a concern for
many seniors. Please join us for this informative event.



Verizon
Monday, March 13th, 10:00
Lessons on how to use your smart phone!

Wednesday, March 15th 1:00
Financial/Saving Advice



Quilting with Janice
Thursday, March 16th 1:00



Dr. Jeff Newdome, Dentist

Monday, March 20th 1:00
Dr. Newdome will be discussing
DENTAL DYNAMICS FOR SENIORS
It is always good to take care of your teeth!



Investment Club Tuesday, March 28th 1:00
Raymond James Financial Services. Donald Pierini

This will be the first Informational Meeting for
Stock Investment. Sign up at the Center!

St. Francis Xavier Catholic Church Next Bingo and Lunch Thursday, March 23rd

Leave center at 11:00 am
Return to center by 2 pm
Cost \$7 for meal & 2 bingo
Cards for 10 games.

An extra game will be played at the end
for 25¢ per card for the last prize.

Sign up by noon on
Tuesday, March 21st

Please let us know if you will be driving
so we can give the church an accurate count.



Irondale Senior Activity Center * 5313 Beacon Drive * Irondale, AL 35210 Monday- Friday 8:30 AM - 3:30 PM
Phone #: 205-951-1418 Email: seniorcenter@cityofirondaleal.gov Facebook: Irondale Senior Activity Center

Clubs and Meetings



Men's Coffee Club

Starting at 9:00 am

Friday, March 10th

Biscuit and Sausage Gravy

Friday, March 24th

Breakfast Burritos

Bring your friends and join us
for breakfast, fellowship & coffee!

(Donations to help cover cost appreciated)



Ladies Bible Study

(non-denominational)

with **Nancy DuBois**

Every Monday

Meeting through April

10:00 - 11:30

"Studying the Words of Jesus"

RETIREEES... NOT RETREADS!!

Join Us for Bible Class

by: Dottie Ike

Every other Friday at 10:30



BOWLING!

Tuesday, March 28th at 10:00

Join us for bowling at SpareTime in Trussville.

This time we will be bowling with Center Point Senior Center.

Bring money shoe rental (\$4.50), bowling (\$3.00)
And lunch. Bus \$2.00



COME YOGA WITH US!



Join the Silver Bullets

Gun Club

Saturday, March 25th

9:00

Contact Cathy for further details
951-1418



"WEEKLY GOINGS ON"

Chair Yoga Classes

Monday, Wednesday & Friday

9:15-10:00



Art Club

Tuesdays, 9:00-3:30

Instructor: Dale Lucas



Bunco

Tuesdays and Thursdays

9:30-11:30



Poker Club

Wednesdays, 1:00-3:30

(Birthday Wednesday play will start at 1:30)



Ceramics Classes

Wednesdays & Fridays

8:30-3:30

Instructor: Ruth Fielding



Mahjong

Tuesdays, 12:30-3:30



Bridge Club

Fridays, 12:30-3:30



Line Dance

Tues & Thurs

8:30-9:30





Changes and Improvements coming to your Irondale Senior Activity Center



Building additions and improvements

- ◆ Fresh painting in all the rooms,
- ◆ Addition to the back of the building for storage
- ◆ New flooring throughout the center

We appreciate your patience as we enter the construction and improvement process.

“Lord give me patience, and give it to me quick!”



Fruits and Vegetables

The Fruit and Vegetable Truck is still coming to the Center on **Wednesdays, 1:00 to 2:00.**

Come and support this community service.
“Have you had your fresh veggies?”

The Exchange Club of Irondale Pancakes & Sausage Breakfast Fundraiser

Saturday, March 4th 8:00 am to 12 noon
Irondale Senior
Eat In—Take Out
\$6.99



100% of proceeds and donations will be used in Irondale for the benefit of our citizens and students. Please join us and support this worthy cause.



Event Registrations Fortunately Event and Program participation has dramatically increased!

As with all growth—there comes some amount of pain. You can help ease the pain by following the procedures listed below.

- ◆ All participants **must** have an updated release form, information sheet and picture ID on file.
- ◆ Only sign up for an event if you are sure you can attend. If you need to cancel please do so 24 hours in advance. Please list your phone number on the sign up form. If you do not want your number listed publicly, then notify Penny so that she may list it privately.

Your Cooperation is Greatly Appreciated!



Senior Farmers' Market Nutrition Program

Call the Center to sign up! This is the Voucher program we help with every year. Vouchers can only be used at the Finley Avenue Market.

ALABAMA STATE GAMES

Shooting Competition Dates
are June 9-11, 21017



Attention Shooting Enthusiast!

Hosted by the cities of Dothan & Ozark,
and counties of Dale & Houston.
The Olympic-style event is Alabama's largest multi-sports competition for youth and adults.

Register Online at www.alagames.com beginning March 1st. Also available on line is the Shooting Sports Competition information. There are over 20 sports to choose from.

Be a Volunteer!

The 2017 National Senior Games will be held in Birmingham June 2nd- 15th. Volunteers are needed in the areas of Hospitality, Score-Keeping, Venue Coordinator, Athlete Registration and

Awards. The National Senior Games Association (NSGA) is a nonprofit Multi-Sports Council member of the United States Olympic Committee that promotes health and wellness for adults 50 and over through education, fitness and sports. Approximately 3000 volunteers are needed to make this event possible. The National Senior Games provides a unique opportunity to showcase the Magic City on a national scale, and the success of the Games all starts with the help of great volunteers! Volunteers will receive a tee shirt, hospitality and other incentives for their support. Call Cathy or Susan at the Center for more information.





Membership/Travel Rules for Irondale Senior Activity Center

1. Members and their guests are expected to abide by membership rules. Any violation of rules may result in the members suspension, or forfeiture of their membership or guest expulsion.
2. Members must be cordial and polite to members and staff. Members and guests may not display rude or unsportsmanlike conduct.
3. No Abusive or Provocative language. Respect other members.
4. Report all complaints regarding staff, other member or member's guest to center management Team.
5. Smoking is not permitted in open areas. Must smoke in designated smoking area.
6. Members and guests are required to follow parking and traffic regulations. Parking in reserved, restricted or unmarked areas are subject to traffic guidelines governed by the City of Irondale Police Department.
7. Members/Guests traveling with the center must pay their trips as mandated. Cancellations two weeks in advance will grant 25% of your payment being returned. Cancellations one week in advance will return 15% of your payment. Most of the trips require payment in advance.
8. No equipment or furniture may be set or moved without the permission of staff.
9. Members and guests who attend events on site and off site are required to regulate their own diet. Members and guests must return to the designated site on time. Failure to comply to these rules may result in suspension from the Center.
10. If you sign up for a local trip or event and do not attend you are still responsible for the cost unless you cancel, because the Center still has to pay. You must pay your bill or you can be suspended from the Center. If you have a hardship please explain to the Center staff.



CASINO

Day and Night

Friday—March 31st, 2017

Play the games—increase your chips-bid on prizes!

Each person will received \$1000 in poker chips and 2 Bingo Cards.

Daytime festivities
 Lunch at 11:30 \$5.00
 Games 1:00 to 2:30
 Play Cost \$5.00

*Daytime Auction
 Begins at 1:00 pm*



Night Time Festivities
 Dinner begins at 5:30
 Public Play begins at 6:00 pm
 Ages 21 and up welcome



Cost: \$15 per person / \$25 for married couple

Auction begins at 8:00 pm
This is a fundraiser event!



Each person will receive \$1000 in poker chips and 2 Bingo Cards.
Additional chip and bingo card packages will be available to purchase, for \$15.

2017 Valentine's Day Soiree Pine Tree Country Club

