



# 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.

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

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

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**Monday 11/10: Safety with Captain Brasher - Lunch & Learn (11:30)**

**Wednesday 11/12: Fall Risk Assessment (9:00 - 11:00)** - Bench Mark Physical Therapy will conduct Balance Screenings and provide Fall Prevention Strategies.

**Wednesday 11/12: Irondale Library Tour (Vans leave at 12:45)** - Come see our new library and learn about free services.

**Thursday 11/13 and Thursday 11/20: Quilting Basics (12:30)** - Start making a 24x24 wall hanging. Starter kit with all materials available for \$10.

**Thursday 11/13 and Thursday 11/20: Crochet & Knit with Janice (10:30)** - Beginners & Advanced. Starter kits with all materials available for \$11.

**Friday 11/14: Speaker: Behind the Scenes of our Publix (12:30)** - Learn about the inner workings of a grocery store and how to find the best deals!

**Monday 11/17: Cooking Class (12:30)** - Learn to make holiday desserts with Pam Kennedy from Sweetz & Such.

**Tuesday 11/18: Coffee House with Jeff Florreich (12:30)** - Enjoy music, coffee and snacks with friends.

**Thursday 11/20: Men's Breakfast (9:00)** - Guest: Emma Tolbert, Public Relations Director for the City of Irondale. "Holding it all Together: Lessons from the Press Room, the Pits, and the Playground".

**Friday 11/21: Birthdays & Bingo (12:30)** - Cake, prizes and fun!

**Monday 11/24: Self Defense with Reno (12:30)** - Learn skills to stay safe while holiday shopping.

**Tuesday 11/25: Documentary: Live to 100- Secrets of the Blues Zones, Pt. 1 (12:30)** - Discover five unique communities where people live extraordinarily long and vibrant lives. Popcorn and candy served.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</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>4</p> <p>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>5</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Kobe 10:00 Tai Chi-Galina 12:30 Bridge</p>	<p>6</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 11:00-2:00 Ceramics</p>	<p>7</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi</p> <p>LET'S Dance</p>
<p>10</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 Lunch &amp; Learn with Fire Capt. Brasher</p>	<p>11</p> <p>WE SALUTE OUR VETERANS ISAC CLOSED</p>	<p>12</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Lacey 9:00-11:00 Fall Risk Assessment 10:00 Tai Chi-Galina 12:30 Bridge 12:45 New Irondale Public Library Tour</p>	<p>13</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-Janice 11:00-2:00 Ceramics 12:30 Quilting Basics</p>	<p>14</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Speaker: Behind the Scenes at Publix</p> <p>Publix.</p>
<p>17</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 12:30 Holiday Desserts Class with Sweetz &amp; Such</p>	<p>18</p> <p>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 Coffee House with Jeff Florreich</p>	<p>19</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Lacey 10:00 Tai Chi-Galina 12:30 Bridge 12:30 Bible Huddle with Pastor Mike McClure, Sr.</p>	<p>20</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Men's Breakfast: Emma Tolbert 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 10:30 Knitting-Janice 11:00-2:00 Ceramics 12:30 Quilting Basics</p>	<p>21</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Birthdays &amp; Bingo</p>
<p>24</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 12:30 Self Defense with Reno</p>	<p>25</p> <p>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 Documentary: Live to 100-Secrets of the Blue Zones (Pt.1)</p>	<p>26</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Lacey 10:00 Tai Chi-Galina 12:00 Pastor George Whitlock Bible Study 12:30 Bridge</p>	<p>27</p> <p>HAPPY THANKSGIVING ISAC CLOSED</p>	

