





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:15 Exercise-Carmela-G 10:15 Line Dance-Desi-G 10:30 BP Check-L 12:30 NEW! Exercise-M3 Performance - G 12:30-3:00 Cards & Games-A</p> 	<p>2</p> <p>9:00 Art Class-Dale-A 9:00 Exercise-M3 Performance-G 10:00 Exercise-Carmela-G 11:00-2:00 Ceramics-C 11:30 Lunch & Bible Study- Pastor Mike McClure, Sr.-G 12:30-3:00 Cards/Games-L</p>	<p>3</p> <p>9:00 Exercise-M3 Performance-G 10:00 Tai Chi-Galina-G 10:00-1:00 Ceramics-C 12:30 Bridge-A 12:30-3:00 Cards & Games-L 12:30 Birthdays & Bingo-G</p> 	<p>4</p> <p>9:00 Men's Coffee-L 9:15 Exercise-Carmela-G 10:00 Exercise-Carmela-G 10:30 Knit/Crochet Class-A 11:30 Lunch&Movie- Thursday Murder Club-G 12:30-3:00 Cards/Games-A 12:30 Quilting Circle-L</p>	<p>5</p> <p>9:15 Exercise-Carmela-G 10:15 Line Dance-Desi-G 12:30 Tai Chi-Galina-G 12:30-3:00 Cards & Games-L</p> 
<p>8</p> <p>9:15 Exercise-Carmela-G 10:15 Line Dance-Desi-G 10:30 BP Check-L 11:30 Safety Lunch&Learn Capt. Brasher-L 12:30 NEW! Exercise-M3 Performance-G 12:30-3:00 Cards & Games-A</p>	<p>9</p> <p>9:00 Art Class-Dale-A 9:00 Exercise-M3 Performance-G 10:00 Exercise-Carmela-G 11:00-2:00 Ceramics-C 12:30 DJ Doug-G 12:30-3:00 Cards & Games-L</p>	<p>10</p> <p>8:00 Leave for Talladega Speedway Tour 9:00 Exercise-M3 Performance-G 10:00 NO TAI CHI 10:00-1:00 Ceramics-C 12:30 Bridge-A 12:30-3:00 Cards & Games-L</p> 	<p>11</p> <p>9:00 Men's Breakfast-Trends in the Auto Industry-L 9:15 Exercise-Carmela-G 10:00 Exercise-Carmela-G 12:30 Painting w/ Darcy-G 12:30-3:00 Cards/Games-A 12:30 Quilting Circle-L</p>	<p>12</p> <p>9:15 Exercise-Carmela-G 10:15 Line Dance-Desi-G 12:30 Tai Chi-Galina-G 12:30-3:00 Cards & Games-L</p>
<p>15</p> <p>9:15 Exercise-Carmela-G 10:15 Line Dance-Desi-G 10:30 BP Check-L 12:30 NEW! Exercise-M3 Performance-G 12:30-3:00 Cards & Games-A</p> 	<p>16</p> <p>CLOSED DUE TO RUN-OFF ELECTION DAY</p> <p>ISAC SERVES AS POLLING LOCATION</p> 	<p>17</p> <p>9:00 Exercise-M3 Performance-G 10:00 Tai Chi-Galina-G 10:00-1:00 Ceramics-C 12:30 Bridge-A 10:30-12:00 UAB Mobile Food Market 11:00 UAB Cooking Demonstration-G 12:30-3:00 Cards & Games-L</p> 	<p>18</p> <p>9:00 Men's Coffee-L 9:15 Exercise-Carmela-G 10:00 Exercise-Carmela-G 10:30-Knit/Crochet Class-A 12:30 Juneteenth Celebration-G 12:30 Quilting Circle-L 12:30-3:00 Cards/Games-A</p>	<p>19</p> <p>CENTER CLOSED FOR JUNETEENTH</p> 
<p>22</p> <p>9:15 Exercise-Carmela-G 10:15 Line Dance-Desi-G 10:30 BP Check-L 12:30 NEW! Exercise-M3 Performance-G 12:30-3:00 Cards & Games-A</p> 	<p>23</p> <p>9:00 Art Class-Dale-A 9:00 Exercise-M3 Performance-G 10:00 Exercise-Carmela-G 11:00-2:00 Ceramics-C 11:30 Lunch & Comedy Video: Leanne Morgan Unspeakable Things Comedy Special-G 12:30-3:00 Cards & Games-L</p>	<p>24</p> <p>9:00 Exercise-M3 Performance-G 10:00 Tai Chi-Galina-G 10:00 - 1:00 Ceramics-C 11:30 Lunch & Bible Study w/ Pastor George Whitlock-G 12:30 Bridge-A 12:30 Play Left-Right-Center-G 12:30-3:00 Cards & Games-L</p>	<p>25</p> <p>9:00 Men's Coffee-L 9:15 Exercise-Carmela-G 10:00 Exercise-Carmela-G 12:30 Quilting Circle-L 12:30-3:00 Cards/Games-A 12:30 Food Demo: Golden Rule Gives Tips for BBQ Cookout - G</p> 	<p>26</p> <p>9:15 Exercise-Carmela-G 10:15 Line Dance-Desi-G 11:00 Mah Jong Open House-A 12:30 Tai Chi-Galina-G 12:30-3:00 Cards & Games-L</p> 
<p>29</p> <p>9:15 Exercise-Carmela-G 10:15 Line Dance-Desi-G 10:30 BP Check-L 12:30 Documentary-Hack Your Health: The Secrets of Your Gut-L 12:30 NEW! Exercise-M3 Performance 12:30-3:00 Cards & Games-A</p> 	<p>30</p> <p>9:00 Art Class-Dale-A 9:00 Exercise-M3 Performance-G 10:00 Exercise-Carmela-G 11:00-2:00 Ceramics-C 12:30-3:00 Cards & Games-L 12:30 Learn a Japanese Flower Card Game - G</p>			<p>ROOM LIST</p> <p>G - Great Room A - Art Room C- Ceramics Room L - Lunch Room</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



WEEKLY PROGRAMS

EVERYDAY: LUNCH (11:30 - 12:30) - Age 60+. No charge, but donations are encouraged.

EVERY DAY: Games (12:30-3:00) - Pick up a game of Rummikub, Mah Jong, Skip Bo, Bid Whist, Dominos, Rook, Bridge and more!

Wednesdays (10:00) and **Fridays** (12:30) - Tai Chi with Galina - 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.

Thursdays: Quilting Circle (12:30) - Quilters meet to work on their current projects.

New Mondays: Exercise with M3 Performance (12:30) - Improve core strength, posture, and balance.

JUNE PROGRAMS

Wednesday 6/3 Birthdays & Bingo (12:30) - Cake, prizes, and fun!

Thursday 6/4 and 6/18 Knitting and Crocheting Class (10:30) - Janice Weinstein leads the class of both beginners and pros.

Thursday 6/4 Lunch & a Movie: Thursday Murder Club (11:30) - This comedy/mystery stars Helen Mirren, Pierce Brosnan, and Ben Kingsley as retirees solving cold cases.

Tuesday 6/9 DJ Doug and "That's My Song" (12:30) - Play this game that is a cross between Jeopardy and Name That Tune. Dancing, singing, and prizes!

Wednesday 6/10 Field Trip: Talladega Superspeedway (Vans leave at 8:00) - We will tour the speedway, take a lap, and enjoy lunch at Pell City's City Market Buffet. \$15 + lunch.

Thursday 6/11 Men's Breakfast: Auto Industry Trends (9:00) - Hear from representatives from Voyles Chrysler Dodge Jeep Ram on the ever-changing auto industry.

Thursday 6/11 Painting with Darcy (12:30) - Let your inner artist out to play. You'll take home your very own masterpiece! All materials provided.

Wednesday 6/17 UAB Mobile Food Market and Chef Demonstration (Market 10:30 - 12:00 and Cooking Demo 11:00) - Shop for value-priced, healthy foods and learn new ways to prepare them.

Thursday 6/18 Juneteenth Celebration (12:30) - Nathifa Dance Co. presents A Taste of Africa: dance, music, and stories.

Tuesday 6/23 Lunch & A Comedy Special Video (11:30) - Leanne Morgan, The Unspeakable Things tour.

Wednesday 6/24 Left-Right-Center Game (12:30) - Play this easy dice game, make new friends, & win prizes.

Thursday 6/25 Cooking Demonstration (12:30) - Golden Rule BBQ will give us tips and ideas for summer cookouts.

Friday 6/26 Mah Jong Open House (11:00) - Enjoy snacks while learning why this game is crazy popular around the world.

Monday 6/29 Documentary: "Hack Your Health: The Secrets of Your Gut" (12:30) - Explore the digestive system and the gut microbiome's impact on overall health.

Tuesday 6/30 Learn the Japanese Flower Card Game (12:30) - Join in this game using cards with beautiful, traditional illustrations of Japanese seasonal flowers.