

PELHAM SENIOR CENTER

February 2026 50 Racquet Club Pkwy 205-620-6064

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30am-11:20am Fitness Forward 11:30am-12:15pm Cardio Drumming <u>2:00pm-3:00pm Ballroom Dancing</u></p> 	<p>3</p> <p>10:00am Inter. Line Dancing 11:45am Improver Line Dancing 1:00pm Beginner Line Dancing</p>	<p>4</p> <p><u>10:00am-11:30am Crafting Together</u> (Pre-registration required) <u>10:00am-12:00pm Mexican Train Dominoes</u> 10:45am-11:45am Zumba Gold 12:00pm-1:00pm Gentle Yoga <u>1:00pm-3:00pm Open Ping Pong</u> 1:15pm-3:15pm Promenaders</p>	<p>5</p> <p><u>10:00am-12:00pm The Great Puzzle Race & Pizza Lunch</u> (Pre-registration required) <u>1:00pm Movie Madness</u> (Pre-registration required)</p> 	<p>6</p> <p>10:00am-11:00am Tai Chi 10:30am Hand and Foot 10:30am Crocheting <u>12:30pm Hot Chocolate Bar</u> (Pre-registration required) <u>1:00pm Bingo</u> <u>Aveanna</u> (Pre-registration required)</p>
<p>9</p> <p><u>10:30am-12:30pm Glass Art</u> (Pre-registration required) 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30am-11:20am Fitness Forward 11:30am-12:15pm Cardio Drumming <u>2:00pm-3:00pm Ballroom Dancing</u></p>	<p>10</p> <p>10:00am Inter. Line Dancing 11:45am Improver Line Dancing 1:00pm Beginner Line Dancing <u>10:00am-12:00pm BUNCO</u> (Pre-registration required)</p>	<p>11</p> <p><u>Make It 52-Candle Making Outing</u> (Pre-registration required) <u>10:00am-12:00pm Mexican Train Dominoes</u> 10:45am-11:45am Zumba Gold 12:00pm-1:00pm Gentle Yoga <u>1:00pm-3:00pm Open Ping Pong</u></p>	<p>12</p> <p><u>12:00pm Luncheon</u> (Pre-registration required) <u>1:00pm Shalom Handbells</u> (Pre-registration required)</p>	<p>13</p> <p>10:00am-11:00am Tai Chi 10:30am Hand and Foot <u>1:00pm Valentine's Trivia</u> <u>Greg Dunn- Smartv Pants Trivia</u> (Pre-registration required)</p> 
<p>16</p> <p><u>Men's Breakfast Outing</u> (Pre-registration required) 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge No Fitness Forward No Cardio Drumming <u>1:00pm Tin Can Flowers</u> <u>2:00pm-3:00pm Ballroom Dancing</u></p>	<p>17</p> <p><u>Mardi Gras Party Outing, Lunch & Masters Games</u> (Pre-registration required) 10:00am Inter. Line Dancing 11:45am Improver Line Dancing 1:00pm Beginner Line Dancing</p> 	<p>18</p> <p><u>9:30am-11:30am UAB Dental</u> (Pre-registration required) <u>10:00am-12:00pm Mexican Train Dominoes</u> 10:45am-11:45am Zumba Gold 12:00pm-1:00pm Gentle Yoga <u>1:00pm-3:00pm Open Ping Pong</u> 1:15pm-3:15pm Promenaders</p>	<p>19</p> <p><u>10:00am-12:00pm Baking Class</u> (Pre-registration required) <u>1:00pm-2:30pm Creative Card Making</u> (Pre-registration required) <u>1:30pm Game Day</u> (Pre-registration required)</p>	<p>20</p> <p><u>Symphony Outing & Lunch</u> (Pre-registration required) 10:00am-11:00am Tai Chi 10:30am Hand and Foot 10:30am Crocheting <u>1:00pm Bingo</u> (Pre-registration required) <u>***Saturday, February 21***</u> <u>2:00pm Red Mountain Theatre</u> <u>"The Wiz" & Lunch</u> (Pre-registration required)</p> 
<p>23</p> <p><u>American Village Tour, Lunch & Tulip Fields</u> (Pre-registration required) 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge 10:30am-11:20am Fitness Forward 11:30am-12:15pm Cardio Drumming <u>2:00pm-3:00pm Ballroom Dancing</u></p>	<p>24</p> <p><u>10:00am-12:00pm Art/Painting Sandy Johnson</u> (Pre-registration required) 10:00am Inter. Line Dancing 11:45am Improver Line Dancing 1:00pm Beginner Line Dancing</p>	<p>25</p> <p><u>Lunch Around Town</u> <u>Freight House Restaurant</u> (Pre-registration required) <u>10:00am-12:00pm Mexican Train Dominoes</u> 10:45am-11:45am Zumba Gold 12:00pm-1:00pm Gentle Yoga <u>1:00pm-3:00pm Open Ping Pong</u> <u>1:30pm Singo</u> <u>Expect Care</u> (Pre-registration required)</p>	<p>26</p> <p><u>March Sign Up Day!</u></p> 	<p>27</p> <p>10:00am-11:00am Tai Chi 10:30am Hand and Foot 10:30am Crocheting <u>12:00pm Potluck</u> (Pre-registration required) <u>1:00pm Bingo</u> <u>Shelby Ridge</u> (Pre-registration required)</p>

Bingo/Singo- a chance game using numbered cards or song cards. Prizes awarded. Must pre-register to attend.

Cardio Drumming- is a low-impact, full-body exercise that combines cardio with drumming movements.

Cards and Games- come play with others: Rummikub, Skip Bo, Mexican Train and more.

Crafts- learn new craft techniques. Projects vary and are announced in advance. Must pre-register to attend.

Crocheting- learn basic crocheting techniques. All crocheting levels are welcome.

Duplicate Bridge (Monday) a designated group of 12-16 players. Need to sign up in advance.

Fitness Forward- 50 minutes low impact aerobic exercise for seniors. Includes resistance, cardio, balance, core and strength.
(\$2/class)

Gentle Yoga- stretch, breathe, build strength and meditate. All standing and floor poses may be modified to perform in a chair. There is a short section on the floor which is optional. Yoga mats are provided if needed. All levels are welcome. (\$2/class)

Hand and Foot- (Friday)-a version of Canasta card game. Beginners welcome.

Line Dancing (Beginner)- basic line dance steps are broken down and put to music. Closed toe shoes required. (\$2/class) (No flip flops/heels)

Line Dancing (Improver)- challenge yourself with more intricate dance steps. Closed toe shoes required.(\$2/class)(No flip flops/heels)

Line Dancing (Intermediate)- fast paced and intricate dance steps. Designed for experienced line dancers. Closed toe shoes required.
(\$2/class) (No flip flops/heels)

Lunch Around Town- travel by bus to visit various restaurants in the Pelham and neighboring communities. \$1 required to hold spot and lunch will cost approximately \$10-\$30 to be paid individually at restaurant. Must pre-register to attend.

Men's Breakfast Outing- travel by bus to local restaurants for breakfast and conversation. Enjoy discussing current events and other topics of choice. \$1 required to hold spot and breakfast will cost approximately \$10-\$15 to be paid individually at restaurant. Must pre-register.

Monthly Luncheon- lunch and entertainment the second Thursday of each month. Must pre-register to attend.

Outings- travel by bus to visit a variety of spots. \$1 required to hold spot and lunch will cost approximately \$10-\$30 to be paid individually at restaurant. Must pre-register to attend.

Party Bridge (Wednesday) a congenial group of bridge enthusiasts. Current bridge players are welcome.

Pelham Promenaders- modern western square/round dancing group. (\$2/class)

Penny Auction- participants are provided with 15 pennies to bid on fun household items and décor. Must pre-register to attend.

Pot Luck- Bring a dish and share with friends. Must pre-register to attend.

Socks Of Love- Help in the creating of Christmas stockings for the babies born in December at St. Vincent Hospital.

Tai Chi- graceful, slow-moving mind and body art form. Benefits are mental clarity, improved balance, increased flexibility, strength and range of motion. (\$2/class)

Zumba Gold- high-energy, low impact exercise for those who enjoy Latin and world rhythms. Choreography focuses on balance, range of motion and coordination. Come ready to sweat and leave empowered and feeling strong. (\$2/class)