

Programs & Activities

Homewood Senior Center

September 2017

816 Oak Grove Road, Homewood, AL 35209

205-332-6500

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>(Programs in Italics are hosted/sponsored here by guest organizations . . . If a fee is indicated, make payment directly to host organization)</i>						
Beginning @ 9:00am >	TRANSPORTATION: Homewood Errands	TRANSPORTATION: Medical	TRANSPORTATION: Medical	TRANSPORTATION: Piggly Wiggly	TRANSPORTATION: Publix or Aldi	
ACTIVITY LOCATION KEY AU Auditorium C1 Craft Room1 GM Game Room CA Card Room C2 Craft Room2 LO Lobby CL Computer Lab FR Fitness Room PA Patio CO Conference Room GA Gallery					1 9:00 Bingo –CA 9:30 SmartMoves LineDance–AU 10:30 Chair Exercise –AU 1:00 Poker til 5pm -CA	
3 4 Labor Day Senior Center will be OPEN for limited hours: 8am—6pm No Exercise or Lunch today 1:00 Chorus Practice will occur Sr Center open for use of Computer Lab, Game/Card Rms, Fitness Room, & cable TV			5 8:00 Dominoes til Noon–CA 9:30 Smart Moves Line Dance –AU 10:00 Bridge til 2:30–C2 12:15 <i>Nutrition Ed from ADSS</i> –AU 1:00 Joker/Poker til 5pm–CA 1:00-3:00 Art Class w/Johnnie & Melvine (mixed media) -C1 2:00 Dance Fit w/Galina–AU 2:45 Tai Chi brief Review/Practice –AU		6 10:30 Go4Life Chair Exercise 1:15 Adaptive Yoga w/Chair –AU 1:45 Yoga w/Kathy (floor mats will be provided) –AU (2:00 <i>Fiction Writers: private</i> –CO)	
10 11 (8:00 <i>Quilters Guild -AU, C2</i>) NO Chair Exercise 10:45 Depart: Lunch @ Iguana Grill, Hoover 12:30 <i>PrimetimeBdMtg; 2:00 Biz</i> 1:00 Chorus Practice –AU 2:30 Bonus Yoga Meditation w/Kathy -AU 5:30 Beginner Line Dance \$5 –AU			12 8:00 Dominoes til Noon–CA 9:30 Smart Moves Line Dance –AU 10:00 Bridge til 2:30–C2 1:00 Joker/Poker til 5pm–CA 1:00-3:00 Art Class w/Johnnie & Melvine (mixed media) -C1 2:00 Dance Fit w/Galina–AU 2:45 Tai Chi brief Review/Practice –AU		7 8:45 Bingo-CA 9:30 Depart: Heavenly Donut Company, Vestavia Hills 11:00 Bible Study –CO 12:30 RummyKub & Canasta –CA 2:00 Tai Chi w/Galina – AU 5:00-7:20 <i>Practice: The Usual Suspects Swing Era Jazz Band (Sr Ctr members welcome to come listen - even dance if you like)</i> (6:00 <i>W Hwood Lions: private</i> –CA)	
17 18 10:30 Chair Exercise w/Kathy –AU 1:00 Chorus Practice –AU 2:30 Bonus Yoga Meditation w/Kathy -AU 5:30 Beginner Line Dance \$5 –AU			19 8:00 Dominoes til Noon–CA 9:30 Smart Moves Line Dance –AU 10:00 Bridge til 2:30 –C2 1:00 BOOK CLUB w/Leslie: Discuss <i>Peace Like A River</i> & get next book, <i>Second Glance</i> -co 1:00 Joker/Poker til 5pm–CA 1:00-3:00 Art Class w/option to try Marbling Technique (bring an object for this - inquire @ front desk for list of suitable objects)-C1 2:00 Dance Fit w/Galina–AU 2:45 Tai Chi brief Review/Practice –AU		13 10:30 Go4Life Chair Exercise–AU 1:15 Adaptive Yoga w/Chair –AU 1:45 Yoga w/Kathy (floor mats will be provided) –AU (2:00 <i>Fiction Writers: private</i> –CO)	
24 25 (8:00 <i>Quilters –private, C2</i>) NO Chair Exercise 11:00 Primetime Lunch & Program: Octoberfest w/Wolfgang \$7mbrs, \$8non-mbrs 1:00 Chorus Practice –AU (6:00 <i>AIA</i> –AU)			20 10:30 Go4Life Chair Exercise–AU 1:15 Adaptive Yoga w/Chair –AU 1:45 Yoga w/Kathy (floor mats will be provided) –AU (2:00 <i>Fiction Writers: private</i> –CO)		14 8:45 Bingo–CA 11:00 Bible Study –CO 12:30 RummyKub & Canasta –CA 12:15 <i>Guest Speaker Daniel Worthington: How to Sell Your Home in Today's Market</i> 2:00 Tai Chi w/Galina – AU	
26 Elections 7am–7pm: US Senate Primary Run-Off 8:00 Dominoes til Noon–CA NO Smart Moves 10:00 Bridge til 2:30 –C2 1:00 Joker/Poker til 5pm–CA 1:00-3:00 Art Class w/option to try Marbling Technique (bring an object for this - inquire @ front desk for list of suitable objects)-C1 NO DanceFit			21 8:45 Bingo–CA 11:00 Bible Study –CO 12:30 RummyKub & Canasta –CA 2:00 Tai Chi w/Galina – AU (6:00 <i>W Hwood Lions: private</i> –CA)		22 <i>1st Day of Autumn</i> 9:00 Bingo –CA 9:30 SmartMoves LineDance–AU 10:30 Chair Exercise –AU 12:45 Celebrate September Bdays w/Cake & Ice Cream from ComfortCare Home Health & music by Carol Downey of Tradewinds–AU 1:00 Poker til 5pm -CA	
27 10:30 Go4Life Chair Exercise–AU 1:15 Adaptive Yoga w/Chair –AU 1:45 Yoga w/Kathy (floor mats will be provided) –AU (2:00 <i>Fiction Writers: private</i> –CO) 3:00 Depart: to Hwood Public Library's "Banned Books Bingo"			28 8:45 Bingo–CA 9:00–1:00 Health Screenings by Samford Nursing Students –GA 11:00 Bible Study –CO 12:30 RummyKub & Canasta –CA 2:00 Tai Chi w/Galina – AU		29 9:00 Bingo –CA 9:30 SmartMoves LineDance–AU 10:30 Chair Exercise –AU 1:00 Poker til 5pm -CA	
30			9 (8:00-noon <i>Woodturners' Guild: private</i> -C1) 2:30 <i>Tango w/ Dr. Sara Alvarez</i> \$10		16 9:00 Bingo –CA 9:30 SmartMoves LineDance–AU 10:30 Chair Exercise –AU 1:00 Poker til 5pm -CA	