

August 2025



Heardmont Senior Community Center

heardmontparkseniorcommunitycenter.org

205-991-5742

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Monday-Friday 8:30-2:30 (unless otherwise noted) Lunch served daily 12-12:15 Calendar subject to change Highlighted events/activities require sign-up Follow us on Facebook @HeardmontSeniorCommunityCenter 						1 10-11 Refit 2
3	4 *Total Body Conditioning CANCELLED 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 12:30-2 Watercolor (FULL)	5 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Connect 4 <i>by Harrison Regional Library</i>	6 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	7 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12 Back to School: Pizza on the Patio Lunch	8 10-11 Refit	9
10	11 *Total Body Conditioning CANCELLED 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 12:30-2 Watercolor (FULL)	12 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by Monark Grove</i>	13 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	14 9:30 Christie Ann Art, \$15, RSVP by 8/12 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by SouthernCare New Beacon</i>	15 10-11 Refit	16
17	18 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11 Birthday Cake 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL) 	19 *Aerobics CANCELLED 10-2 Bingo 10-2 Canasta 12:15-2:15 Shelby Strummers 12:30 Elder Abuse Fraud/ Scams <i>by Cadence Bank</i>	20 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	21 Lunch Bunch: RSVP, depart 9:30 10:30-11:15 Aerobics 11:15-12 Aerobics	22 10-11 Refit	23
24	25 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	26 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by ProHealth</i>	27 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	28 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Penny Auction <i>by Quality 1 Home Care</i>	29 10-11 Refit	30
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