

August 2026



Heardmont Senior Community Center

heardmontparkseniorcommunitycenter.org

205-991-5742

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	4 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Beautiful Bookmarks <i>by Harrison Regional Library</i>	5 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	6 Lunch Bunch: RSVP, depart 10:45 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning	7 10-11 ReFit	8
9	10 Center CLOSED Polling Site Kitchen OPEN 	11 Center CLOSED Polling Site Kitchen OPEN 	12 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	13 Total Body Conditioning CANCELLED 9:30 Christie Anne Art, \$15, RSVP by 8/7 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12 Back to School: Pizza on the Patio Lunch, RSVP	14 10-11 ReFit	15
16	17 Total Body Conditioning CANCELLED 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 12:30-2 Watercolor (FULL)	18 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15-2:15 Shelby Strummers 12:30 Open Bingo <i>by Assisted Living Locators</i>	19  9-12 Bridge 9:30-10:30 Beg. Line Dance 11 Birthday Cake 11-12 Improver Line Dance 1:30 Gentle Yoga	20 Total Body Conditioning CANCELLED 10-1 Bingo 10:30-11:15 Aerobics-sub 11:15-12 Aerobics-sub 12:30 Open Bingo <i>by Briar Glen Memory Care</i>	21 Day trip to Scottsboro: RSVP, depart 8:30 10-11 ReFit	22
23	24 Total Body Conditioning CANCELLED 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 12:30-2 Watercolor (FULL)	25 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15-2:15 Shelby Strummers 12:30 Chew-n-Chat <i>by Aletheia House</i>	26 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	27 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by ProHealth</i> 1:15-2:15 Total Body Conditioning	28 10-11 ReFit	29
30	31 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	 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 				

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