

January 2026



Heardmont Senior Community Center

heardmontparkseniorkomunitycenter.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 Center & Kitchen CLOSED 	2 Kitchen CLOSED <i>*Center Closes at 12 Noon</i>	3
4	5 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	6 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15-2:15 Shelby Strummers 12:30 Snowball Fight <i>by Harrison Regional Library</i>	7 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	8 9:30 Christie Anne Art, \$15, RSVP by 1/6 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by ProHealth</i> 1:30-2:15 Well-Balanced	9 10:15-11 Zumba Gold	10
11	12 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	13 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics NO 2nd Aerobics class 11:30 Leadership Shelby County Health & Community Services Meeting in Main Hall	14 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 11 Birthday Cake 1:30 Gentle Yoga	15 Lunch Bunch: RSVP, depart 10:45 10:30-11:15 Aerobics-sub 11:15-12 Aerobics-sub 1:30-2:15 Well-Balanced	16 Zumba Gold CANCELLED	17
18	19 Center & Kitchen CLOSED 	20 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics-sub 11:15-12 Aerobics-sub 12:15-2:15 Shelby Strummers 12:30 Open Bingo <i>by SouthernCare New Beacon</i>	21 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	22 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:30-2:15 Well-Balanced	23 10:15-11 Zumba Gold	24
25	26 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	27 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15-2:15 Shelby Strummers	28 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	29 Lunch Bunch: RSVP, depart 10:45 10:30-11:15 Aerobics 11:15-12 Aerobics 1:30-2:15 Well-Balanced	30 10:15-11 Zumba Gold ASO Coffee Concert: Tchaikovsky & Brahms, RSVP 1/5-22, Depart 9:45	31