

July 2025



Heardmont Senior Community Center

heardmontparkseniorcommunitycenter.org

205-991-5742

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monday-Friday 8:30-2:30 (unless otherwise noted) Lunch served daily 12-12:15		1 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 <i>US Trivia</i> <i>by Harrison Regional Library</i>	2 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	3 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:30-2:15 Autogenic Training	4 Center & Kitchen CLOSED 	5
6	7 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 10:30-11 Learn Spanish 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	8 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 <i>Estate Planning</i> <i>by Provident Law</i>	9 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	10 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 <i>Open Bingo</i> <i>by ProHealth</i> 1:30-2:15 Autogenic Training	11 10-11 Refit	12
13	14 9:00 James Spann outing, RSVP, depart 8:30 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 10:45-12:45 Shelby Strummers 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	15 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 	16 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	17 Lunch Bunch: RSVP, depart 10:45 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:30-2:15 Autogenic Training	18 10-11 Refit	19
20	21 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	22 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Jerry Ginn, Singer	23 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	24 10:30 Christie Ann Art, \$15, RSVP by 7/22 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:30-2:15 Autogenic Training	25 10-11 Refit	26
27	28 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	29 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics	30 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	31 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics	Calendar subject to change Highlighted events/activities require sign-up	