



June 2025



Heardmont Senior Community Center
 heardmontparkseniorcommunitycenter.org
 205-991-5742

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Kitchen CLOSED 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 Open Paint	3 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics-sub 11:15-12 Aerobics-sub 12:30 Art with Chris Cruz, \$20, RSVP by 5/29	4 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	5 10-2 Bingo 10:30-11:15 Aerobics-sub 11:15-12 Aerobics-sub 1:30-2:15 Autogenic Training	6 10-11 Refit	7
8	9 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)	10 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by SouthernCare New Beacon</i>	11 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 1:30 Gentle Yoga	12 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 11-1 Birthday Celebration 12:30 Therapy Dog Stella 1:30-2:15 Autogenic Training	13 10-11 Refit	14
15	16 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)	17 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 SINGO! <i>by Harrison Regional Library</i>	18 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 12:30 Open Bingo <i>by Monark Grove</i> 1:30 Gentle Yoga	19 Kitchen CLOSED Lunch Bunch: RSVP, depart 10:45 9:30 Christie Ann Art, \$15, RSVP by 6/17 10:30-11:15 Aerobics 11:15-12 Aerobics 1:30-2:15 Autogenic Training	20 10-11 Refit	21
22	23 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)	24 10-2 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics	25 9-12 Bridge 9:30-10:30 Beg. Dance 11-12 Improver Dance 12:30 Open Bingo <i>by ProHealth</i> 1:30 Gentle Yoga	26 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:30-2:15 Autogenic Training	27 10-11 Refit	28
29	30 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)	<div>  <p>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</p>  </div>				