

June 2026



Heardmont Senior Community Center

heardmontparkseniorcommunitycenter.org

205-991-5742

Sun	Mon	Tue	Wed	Thu	Fri		
	1 Kitchen CLOSED 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	2 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics-sub 11:15-12 Aerobics-sub 12:30 Brain Health & Bingo <i>by UAB Alzheimer's Disease Center</i>	3 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	4 Lunch Bunch: RSVP, <i>depart 10:45</i> 10:30-11:15 Aerobics-sub 11:15-12 Aerobics-sub 1:15-2:15 Total Body Conditioning	5 ReFit CANCELLED	6	
7	8 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	9 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Digital Literacy <i>by Cancer Awareness Network</i>	10 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	11 10-1 Bingo 10:30-11:15 Aerobics 11 Birthday Cake 11:15-12 Aerobics 12:30 Name that Song <i>by Harrison Regional Library</i> 1:15-2:15 Total Body Conditioning	12 10-11 ReFit	13	
14	15 Center CLOSED Polling Site Kitchen OPEN 	16 Center CLOSED Polling Site Kitchen OPEN 	17 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	18 Lunch Bunch: RSVP, <i>depart 10:45</i> 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning	19 Center & Kitchen CLOSED 	20	
21	22 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	23 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by Assisted Living Locators</i>	24 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	25 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning	26 10-11 ReFit	27	
28	29 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	30 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Jerry Ginn, singer	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				