

March 2026



Heardmont Senior Community Center

heardmontparkseniorcommunitycenter.org

205-991-5742

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	3 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:00 Dignity Memorial <i>Presentation & Lunch Provided, RSVP</i>	4 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	5 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by SouthernCare New Beacon</i> 1:20-2:15 Well-Balanced	6 10-11 Refit	7
8	9 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	10 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15-2:15 Shelby Strummers 12:30 Fly Into Spring <i>by Harrison Regional Library</i>	11 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	12 9:30 Christie Anne Art, \$15, RSVP by 3/9 Lunch Bunch: RSVP, depart 10:45 10:30-11:15 Aerobics 11:15-12 Aerobics 1:20-2:15 Well-Balanced	13 10-11 Refit	14
15	16 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11 Birthday Cake 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	17 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Estate Planning <i>by Provident Law</i>	18 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	19 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:20-2:15 Well-Balanced	20 10-11 Refit ASO Coffee Concert: Haydn & Britten, RSVP 3/2-3/12, Depart 9:45, Lunch @ Niki's West after	21
22	23 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	24 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by ProHealth</i>	25 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	26 Lunch Bunch: RSVP, depart 10:45 10:30-11:15 Aerobics 11:15-12 Aerobics 1:20-2:15 Well-Balanced	27 10-11 Refit	28
29	30 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	31 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12 Easter Lunch Catered RSVP with desserts	 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 			