







May 2026



Heardmont Senior Community Center

heardmontparkseniorcommunitycenter.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 10-11 Refit ASO Coffee Concert: Barber & Dvorak, RSVP 4/6-4/23, Depart 9:45
3	4 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	5 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Communicating with the Memory Impaired	6 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	7 Monark Grove Tour & Lunch: RSVP, depart 10:45 10:30-11:15 Aerobics 11:15-12 Aerobics 1:20-2:15 Total Body Conditioning	8 10-11 ReFit	9	
10	11 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	12 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Blooms and Brushes by Harrison Regional Library	13  9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 11 Birthday Cake 1:30 Gentle Yoga	14 9:30 Christie Anne Art, \$15, RSVP by 3/11 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:20-2:15 Total Body Conditioning	15 10-11 ReFit	16	
17	18 Center CLOSED Polling Site Kitchen OPEN 	19 Center CLOSED Polling Site Kitchen OPEN 	20 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	21 Lunch Bunch: RSVP, depart 10:45 10:30-11:15 Aerobics 11:15-12 Aerobics 1:20-2:15 Total Body Conditioning	22 10-11 ReFit	23	
24	25 Center & Kitchen CLOSED 	26 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo by ProHealth	27 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	28 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:20-2:15 Total Body Conditioning	29 10-11 ReFit	30	
31							