

# November 2025



**Heardmont Senior Community Center**

heardmontparkseniorcommunitycenter.org

205-991-5742

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>  <div> <b>Monday-Friday 8:30-2:30</b> (unless otherwise noted)  <b>Lunch served daily 12-12:15</b>  <b>Calendar subject to change</b>  <b>Highlighted events/activities require sign-up</b>  <b>Follow us on Facebook @HeardmontSeniorCommunityCenter</b> </div>  </div>						
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2	3	4	5	6	7	8
	9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning <b>12:30-2 Watercolor (FULL)</b>	<b>Fall Foliage Outing 2, RSVP</b> <i>depart 10:30</i> 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics <b>12:30 Fall Rays</b> <i>by Harrison Regional Library</i>	9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	<b>Brunch Bunch: RSVP</b> <i>depart 10:00</i> 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics <b>12:45 Senior Financial Frauds &amp; Protection</b> by ACES, <i>RSVP</i>	10-11 Refit	
9	10	11	12	13	14	15
	9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning <b>12:30-2 Watercolor (FULL)</b>	<b>Center &amp; Kitchen CLOSED</b> 	<b>9:30-11 Dental &amp; Oral Health Screenings by UAB</b> 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	<b>9:30 Christie Anne Art, \$15, RSVP by 11/10</b> 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics <b>12:30 Penny Auction</b> <i>by Quality 1 Home Care</i>	10-11 Refit	
16	17	18	19	20	21	22
	9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning <b>12:30-2 Watercolor (FULL)</b>	<b>Happy Birthday</b> 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11 Birthday Cake 11:15-12 Aerobics 12:15-2:15 Shelby Strummers	9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics <b>12 Thanksgiving Pot Luck</b> <b>RSVP with dish 😊</b>	10-11 Refit <b>ASO Coffee Concert: Tchaikovsky, RSVP by 11/13, Depart 9:45</b>	
23	24	25	26	27	28	29
	<b>Bridge CANCELLED</b> 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning <b>12:30-2 Watercolor (FULL)</b>	10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Jerry Ginn, Singer	9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance <b>Gentle Yoga CANCELLED</b>	<b>Center &amp; Kitchen CLOSED</b> 	<b>Center &amp; Kitchen CLOSED</b> 	
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