

October 2025



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 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	2 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by SouthernCare New Beacon</i>	3 10-11 Refit	4
5	6 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Open Paint (FULL)	7 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Bean Bag Blitz <i>by Harrison Regional Library</i>	8 Music Mornings at Pelham Park, depart 9:30am 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	9 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Chris Cruz Art, \$20, <i>RSVP by 10/6</i>	10 10-11 Refit	11
12	13 Center & Kitchen CLOSED 	14 Lunch Bunch: RSVP, depart 10:45 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15-2:15 Shelby Strummers	15 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	16 9:30 Christie Ann Art, \$15, <i>RSVP by 10/14</i> 10-2 Bingo 11 Birthday Cake  10:30-11:15 Aerobics 11:15-12 Aerobics	17 10-11 Refit	18
19	20 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	21 Lunch Bunch: \$20, Jeff St, RSVP by 10/13, depart 11:15 10-11 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics	22 Music Mornings at Columbiana, depart 9am 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	23 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by ProHealth</i>	24 10-11 Refit	25
26	27 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	28 10-1 Bingo 10-2 Canasta 10:30 Fall Leaves Outing 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15-2:15 Shelby Strummers	29 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	30 10-2 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15 Costume Contest	31 10-11 Refit 	