

October 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			Nov. 6 	1 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning 12:30 Open Bingo <i>by Aspire Cahaba</i>	2 ASO Coffee Concert: Rossini & Dvorak, RSVP 9/1-24, Depart 9:45 10-11 ReFit 6:30 Shelby Shufflers <i>(Square Dance)</i>	3
4	5 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	6 9-1 Free Hearing Screenings by LexCare 9:30-12 CVS Flu Shot Clinic 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Jerry Ginn, Singer	7 Music Mornings(Alabaster), RSVP, depart 9:00am 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	8 9:30 Christie Anne Art, \$15, RSVP by 10/6 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning 12:30 Open Bingo <i>by Monark Grove</i>	9 ReFit CANCELLED	10
11	12 Center & Kitchen CLOSED 	13 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15-2:15 Shelby Strummers 12:30 Beauti-Fall Snow Globes <i>by Harrison Regional Library</i>	14 Center Opens at 11am Music Mornings here at Heardmont Park, 10am, Lunch served at 11am, RSVP Bridge CANCELLED Line Dance CANCELLED 1:30 Gentle Yoga	15 Lunch Bunch: RSVP, depart 10:15 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning	16 10-11 ReFit 6:30 Shelby Shufflers <i>(Square Dance)</i>	17
18	19 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	20 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>	21 Music Mornings (Calera), RSVP, depart 9:00am 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	22 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 11 Birthday Cake 1:15-2:15 Total Body Conditioning 12:30 Penny Auction <i>by Quality 1 Home Care</i>	23 10-11 ReFit	24
25	26 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	27 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by ProHealth</i>	28 Music Mornings (Pelham), RSVP, depart 9:30am 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	29 Lunch Bunch: RSVP, depart 10:00 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning	30 10-11 ReFit 	31