

September 2026



Heardmont Senior Community Center

heardmontparkseniorcommunitycenter.org

205-991-5742

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	October 2 ASO Coffee Concert: Rossini & Dvorak, RSVP 9/1-24 	1 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics	2 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	3 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning	4 10-11 ReFit 6:30 Shelby Shufflers (Square Dance)	5
6	7 Center & Kitchen CLOSED 	8 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:15-2:15 Shelby Strummers 12:30 SINGO! <i>by Harrison Regional Library</i>	9 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	10 Lunch Bunch: RSVP, depart 10:45 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning	11 10-11 ReFit	12
13	14 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	15 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 11 Birthday Cake 12:30 Internet Safety and Scam Prevention <i>by Inv. Banks, Shelby Co. Sheriff's Office</i>	16 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	17 9:30 Christie Anne Art, \$15, RSVP by 9/8 10-1 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning	18 10-11 ReFit 6:30 Shelby Shufflers (Square Dance)	19
20	21 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	22 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Estate Planning <i>by Provident Law</i>	23 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	24 M4A Shelby County Fall Festival: RSVP, depart 10:15 10:30-11:15 Aerobics 11:15-12 Aerobics 1:15-2:15 Total Body Conditioning	25 10-11 ReFit	26
27	28 9:30-12 Bridge 9:30-12 Mahjong 9:30-10:30 Tai Chi 11-12 Total Body Conditioning 12:30-2 Watercolor (FULL)	29 10-1 Bingo 10-2 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Open Bingo <i>by Homewell Care</i>	30 9-12 Bridge 9:30-10:30 Beg. Line Dance 11-12 Improver Line Dance 1:30 Gentle Yoga	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		