



Activity Guide

Fall 2025



Holiday Closures

September 1
Labor Day

November 11
Veterans Day

November 26
Early Close at 5pm

November 27-28
Thanksgiving

December 23
Early Close at 5pm

December 24
Christmas Eve

December 25
Christmas Day

December 26
Early Close at 5pm

December 27
Early Close at 5pm

December 30
Early Close at 5pm

December 31
New Year's Eve

January 1
New Year's Day



**The Splash Pad
Closes on
September 30!**

Hours: 9am-7pm DAILY
4851 Sicard Hollow Road, 35242

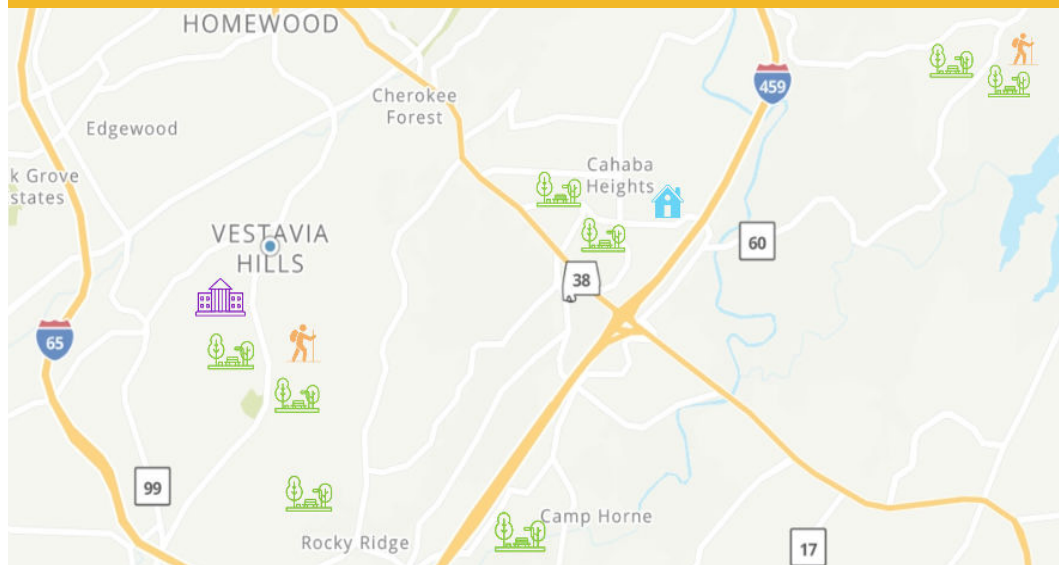
*Thank You
for a Wonderful
Swim Season!*

We hope you've enjoyed making
a **SPLASH** at the pool
this summer!





Amenities



Civic Center



New Merkel
House



Public Park



Walking Trails

ALTADENA VALLEY PARK

2501 Lakeland Trail, 35243

BCBS WALKING TRAIL

4851 Sicard Hollow Road, 35242

BOULDER CANYON NATURE TRAIL

1289 Montgomery Highway, 35216

BYRD PARK

2109 Tyson Drive, 35216

CIVIC CENTER

1090 Montgomery Highway, 35216

CAHABA HEIGHTS PARK

4401 Dolly Ridge Road, 35243

LIBERTY PARK SPORTS COMPLEX

4700 Sicard Hollow Road, 35242

MCCALLUM PARK

3332 Rosemary Lane, 35216

MEADOWLAWN PARK

4041 Dolly Ridge Road, 35243

NEW MERKEL HOUSE

2150 Hollis Crossings, 35243

SICARD HOLLOW ATHLETIC COMPLEX (SHAC)

4851 Sicard Hollow Road, 35242

WALD PARK

2521 Waldridge Road, 35216

Visit vhparksandrec.com
for more information
on these local parks, trails
and facilities!





Youth Recreation

Register, check scores and review schedules online at
<https://teamsideline.com/sites/vhparksandrec>

Youth Sports

Lacrosse

Registration: 11/1-12/31

Fees: \$100-125, depending on age

Girls Basketball

Registration: 9/1-10/25

Fees: TBD

Boys Basketball

Registration: 9/1-10/25

Fees: \$160 (resident)/\$210 (non-resident)

High School Basketball League

Registration: 9/1-10/25

Fees: \$600 per team

Girls Developmental Basketball (Skills Clinic)

Registration: 9/1-10/25

Fees: \$100





Vestavia Hills

75th
1950
2025

Anniversary

Community Celebration!

THURSDAY, OCT 2 5-7:30PM

Vestavia Hills City Hall

1032 Montgomery Highway, 35216

VISIT VHAL.ORG/EVENTS FOR MORE INFO

**LIVE MUSIC | FREE FOOD | JUMP HOUSES
FACE PAINTING | TEMPORARY TATTOOS**





Senior Programming

A variety of classes and programming is available through Vestavia Hills Parks and Recreation. Join us at the Civic Center or New Merkel House for complimentary coffee, comfy seating, engaging programs and daily fellowship! To reserve your spot for any of these exciting events, call Parks and Rec at 205.978.0166.

Location: **Civic Center** or **New Merkel House**

Fit & Fun – EVERY Monday & Wednesday, 7:15am

Fit & Fun is perfect for seniors and beginners! This low-impact workout combines gentle movements, stretching, and light cardio to improve flexibility, balance, and overall fitness. All fitness levels are welcome! Located in the Liberty Room at the Civic Center! Free for VHCC members!

Monday Night Dance – EVERY Monday, 6pm

Join us every Monday night from 6-9pm at the Vestavia Hills Civic Center to show off your dance moves! This is a fun opportunity for seniors to let loose and enjoy dancing with others.

Silver Sneakers Exercise Class – EVERY Monday, Tuesday & Friday, 11:15am

The Vestavia Hills Civic Center is home to Silver Sneakers classes starting with a Cardio and Strength class taught by Kristin Long!

Mahjong Open Free Play – EVERY Wednesday, 9am-12pm

Show off your MahJong skills every Wednesday morning from 9am-12pm at the Vestavia Hills Civic Center! Grab your friends and join us for a fun and engaging game. We can't wait to see you there!

Getting to Know You Lunch – Every Wednesday, 12pm

Fifth graders from Vestavia Elementary School in Cahaba Heights visit the New Merkel House to share lunch and conversation with its members. This program fosters connections between generations, creating meaningful bonds for all involved.

Yoga – Every Friday, 10:30am

Participants will enjoy guided stretching, breathing exercises, and simple poses that promote flexibility, balance, and relaxation in a supportive, welcoming environment.

Bingocize – September 2, 9, 18, 23, 30, 10:30am

Bingocize is a 10-week program at New Merkel House that combines exercise and health information with the familiar game of Bingo. Each session usually lasts 45-60 minutes.

Wizard of Oz Day – September 3, 10:30am

Join us for a magical day celebrating The Wizard of Oz! Enjoy a screening of the classic film and themed activities inspired by Dorothy, the Scarecrow, the Tin Man, and the Cowardly Lion.





Senior Programming

Crochet Nook– September 4 & 18, 10:30am

Do you love fiber arts? Bring your current projects or come for inspiration from our volunteer instructor, Ms. Myra. This class is a great opportunity to share stories and enjoy the company of fellow crafters. All skill levels are welcome, from beginners to advanced crocheters.

Senior Luncheon – September 8, 12pm

Enjoy a delicious lunch at the Civic Center with entertainment by Brad Ryan! The cost is \$8 per person. Bring your friends along for an afternoon of fun.

Mahjong Camp – September 8, 10, 12, 10am-12pm

Join us on Monday, Wednesday, and Friday to learn mahjong rules, strategies, and techniques in a fun, welcoming environment. Whether you're new or need a refresher, you'll leave ready to play! The camp costs \$150.

Barons Game Trip – September 11, 6pm

Let us take you out to the ballgame to see the Barons vs Biloxi Shuckers! Cost is \$15 and must be paid by 9/1. Transportation provided; meet at the Civic Center at 6pm.



Lunch Bunch & Trip: Covered Bridges – September 25, 8:30am

Enjoy a trip across Alabama to see four beautiful covered bridges and then eat lunch. Meet at the Vestavia Hills Civic Center at 8:30am. Transportation provided.



ASO Coffee Concert: Beethoven – September 26, 9am

Join us for a trip to the Alys Stephens Center to see the Alabama Symphony Orchestra perform "Fate & Fury: Beethoven's Fifth"! Lunch at Niki's West after the concert. Transportation is provided. Meet at the Civic Center at 9am.

Birthday & Bingo – September 29, 10:30am

Join us for a lively celebration honoring all September birthdays! Enjoy delicious cake, warm company, and plenty of fun with spirited bingo games.

Crochet Nook– October 2 & 16, 10:30am

Do you love fiber arts? Bring your current projects or come for inspiration from our volunteer instructor, Ms. Myra. This class is a great opportunity to share stories and enjoy the company of fellow crafters. All skill levels are welcome, from beginners to advanced crocheters.

Tax Talks with Troy – October 6, 10:30am

Learn about updates for the 2025 tax year and receive helpful tips to make filing easier and less stressful. Stay informed and confident about your financial future!





Senior Programming



Senior Luncheon – October 13, 12pm

Enjoy a delicious lunch at the Civic Center! The cost is \$8 per person. Bring your friends for an afternoon of fun.

Bingocize – October 14, 21, 30, 10:30am

Bingocize is a 10-week program at New Merkel House that combines exercise and health information with the familiar game of Bingo. Each session usually lasts 45-60 minutes.

Mahjong Camp – October 20, 22, 24, 10am-12pm

Join us on Monday, Wednesday, and Friday to learn mahjong rules, strategies, and techniques in a fun, welcoming environment. Whether you're new or need a refresher, you'll leave ready to play! The camp costs \$150.

Lunch Bunch & Trip: Chattanooga – October 23, 7am

Enjoy a trip to Chattanooga, TN where we will enjoy a fall foliage riverboat cruise that includes lunch. \$60 per person, you **MUST** register and pay before 10/1. Meet at the Vestavia Hills Civic Center at 7am. Transportation provided.

Birthday & Bingo – October 27, 10:30am

Join us for a lively celebration honoring all October birthdays! Enjoy delicious cake, warm company, and plenty of fun with spirited bingo games.

Medicare Seminar– October 28, 10:30am

Learn about updates for Medicare and receive helpful tips to make open enrollment easier and less stressful.

Origami Day – October 29, 11am

Celebrate the beautiful tradition of origami! Learn about the rich history of this Japanese art form and create your own stunning paper masterpieces.

Fall Festival – October 31, 10:30am

Join us for Halloween-themed games, snacks, and even a hay ride! Dress up in your best costume and learn more about New Merkel House while you're here!



Senior Programming

Bingocize – November 4, 20, 25, 10:30am

Bingocize is a 10-week program at New Merkel House that combines exercise and health information with the familiar game of Bingo. Each session usually lasts 45-60 minutes.

Crochet Nook– November 6 & 20, 10:30am

Do you love fiber arts? Bring your current projects or come for inspiration from our volunteer instructor, Ms. Myra. This class is a great opportunity to share stories and enjoy the company of fellow crafters. All skill levels are welcome, from beginners to advanced crocheters.



Veterans Day Celebration at New Merkel House – November 7, 11am

Enjoy an hour-long program celebrating veterans followed by refreshments at New Merkel House. Call Melanie Perry by 10/27 to register for this program.

Salute to Veterans Celebration – November 10, 12-5pm

Mark your calendar for an afternoon dedicated to honoring veterans from all branches of the military. This annual Veterans Day celebration will feature food, fun, and entertainment, all with a patriotic theme. The event will kick off with a senior luncheon at 12pm, followed by a health fair from 1-5pm. At 2pm, there will be a patriotic presentation by Mayor Curry. The health fair will offer free screenings and flu shots! We hope to see you there!

ASO Coffee Concert: Mozart/ Tchaikovsky – November 21, 9am

Join us for a trip to the Alys Stephens Center to see the Alabama Symphony Orchestra perform "A Touch of Mozart, A Dash of Tchaikovsky"! Lunch at Irondale Cafe after the concert. Transportation is provided. Meet at the Civic Center at 9am.

Birthday & Bingo – November 24, 10:30am

Join us for a lively celebration honoring all November birthdays! Enjoy delicious cake, warm company, and plenty of fun with spirited bingo games.

Family Thanksgiving Lunch – November 26, 11:30am

Join us at New Merkel House to celebrate Thanksgiving! Enjoy a family-style lunch at a festively decorated table, where we can share good food, laughter, and gratitude.

Bingocize – December 2, 11, 16, 10:30am

Bingocize is a new 10-week program at New Merkel House that combines exercise and health information with the familiar game of Bingo. Each session usually lasts 45-60 minutes.

Crochet Nook– December 4 & 18, 10:30am

Do you love fiber arts? Bring your current projects or come for inspiration from our volunteer instructor, Ms. Myra. This class is a great opportunity to share stories and enjoy the company of fellow crafters. All skill levels are welcome, from beginners to advanced crocheters.

Senior Programming

Senior Luncheon & Christmas Party – December 9, 12pm

Enjoy a delicious holiday lunch while listening to festive classics performed by Tradewinds Band! Santa might even stop by for a visit... The cost is \$8 per person.

Birthday & Bingo – December 15, 10:30am

Join us for a lively celebration honoring all November birthdays! Enjoy delicious cake, warm company, and plenty of fun with spirited bingo games.

Christmas Lights & Dessert Tour – December 16, 4pm

Join us for a festive tour of local Christmas light displays followed by hot chocolate and dessert at New Merkel House. Transportation is provided, with pickup at the Civic Center at 4pm.

New Merkel House Christmas Party – December 19, 10:30am

Join us for a festive day filled with holiday-themed games and snacks. Wear your best Christmas outfit and try your luck at a gift during the White Elephant gift exchange!



The State Games Happen October 6-9

The Masters Games of Alabama is an organization that offers competitive events for Alabama residents aged 50 and older. As a non-profit organization, it is dedicated to promoting healthy lifestyles through social, mental, and physical activities.

Previous years have featured a variety of activities, including Nerfball, Frisbee Throw, Rook, Dominoes, Table Tennis, Cornhole, and much more! While the games create an Olympic-like atmosphere, the emphasis is on fun and fellowship rather than competition.

Each year, between 600 to 800 participants from across the state take part in the State Games, which will be held October 6-9 in Trussville, AL! We are so lucky to have the following Vestavia Hills residents representing us at the games this year: Charles Ferrell, John Self, and Kelly Lavasseur!



Salute to Veterans

Honoring Those Who Served

Monday, November 10, 2025
Vestavia Hills Civic Center
1090 Montgomery Highway, 35216

Light Refreshments ★ Veteran Resources
★ Patriotic Presentations & More ★

Join us for a family-friendly afternoon as we honor the brave men and women of our armed forces at the annual Veterans Day Celebration! This community-wide event is filled with food, fun, and entertainment — all in the spirit of patriotism.

Schedule of Events:

- 12-1 PM – Senior Luncheon (ages 55+). Please call 205.978.0166 to RSVP by 11/5!
- 1-5 PM – Health & Resources Fair with a focus on veteran services – all are welcome!
- 2-3 PM – Patriotic Program hosted by Mayor Ashley Curry honoring veterans from every branch of service.



SHARE YOUR PHOTOS!

We would love to include veteran photos of you or a family member in our event video. To participate, email a scanned photo of yourself, family members or friends who have served or are currently serving in any branch of the military to eanderson@vhal.org.

Please include: (1) service member's first & last name; (2) military rank; (3) branch of service; (4) military conflict/theater of operation; and (5) dates of military service (if available).

If you previously submitted a photo, no need to resubmit.

Civic Center

Recreational Amenities

- **Gymnasium:** 2 full-size courts striped for basketball, volleyball and pickleball
- **Walking Track:** 3 lanes; 1/10 of a mile
- **Workout Equipment:** Fitness area features weight training machines, as well as fitness and cardio equipment
- **Multipurpose Spaces:** Plenty of space for dance, exercise and fitness classes
- **Locker Rooms:** Separate dressing spaces for men and women
- **Must be a member of the Civic Center to use gym equipment and track.**



Join the Civic Center Today!

Scan the QR code or visit https://bit.ly/pr_sportsman to register and secure your membership today!

Membership Rates

Plan Options	Civic Center Only Annual Membership	Aquatic Complex/ Civic Center Combo
Individual	\$135	\$220
Family	\$300	\$530
Active Adult (55+)	\$100	\$135
Track Pass*	\$25*	N/A

*Annual Track Pass for Active Adults (55+) = \$12



Adult Classes

Fit & Fun

Age 18+

Fit & Fun is a low-impact workout combines gentle movements, stretching, and light cardio to improve flexibility, balance, and overall fitness.

Free for VHCC members.

Tai Chi

Age 18+

Tai Chi is a great class for members who want to improve their strength, endurance, flexibility and balance. It is low-impact exercise for the whole body!

Jazzercise

Age 18+

Jazzercise offers a comprehensive full-body workout by combining dance, strength and resistance training while playing popular music.



Youth Classes

Toddler & Me

Age 18 months - 3 years

Toddler & Me classes introduce young children to movement and music with the support of a parent or guardian. Adults join in to help kids explore basic dance steps, rhythm, and coordination in a warm and encouraging setting. Ballet slippers are suggested but not required.

Ballet, Tap, Jazz Combo

Ages 3-5 years

Join our energetic combo class that introduces young dancers to ballet, tap, and jazz in a fun and imaginative way! Winter and Spring recitals with costumes are included. Note: Dancers must be potty trained.

Tippi Pro

Ages 6-10 years

Tippi Pro is a fun class for older dancers who want to improve their skills. This fast-paced program mixes ballet, tap, and jazz. Dancers will learn basic movements, important terms, and choreography. There are two recitals each year—one in Winter and one in Spring.

Karate

Ages 8-12

Karate teaches children respect and responsibility and builds self-confidence.





HOLIDAY *in the* HILLS

Vestavia Hills

Mark your calendar for this year's Holiday in the Hills events!

For more information, visit <https://vhal.org/community/city-events>.

*Saturday,
November 15*
Deck the Heights
2-7pm

The Heights Village
3162 Heights Village

*Tuesday,
December 2*
All is Bright
6-8pm

Vestavia City Center,
700 Montgomery
Highway

*Saturday,
December 13*
Breakfast with Santa
7:30-10am

Civic Center,
1090 Montgomery
Highway

*Thursday,
November 20*
**Tree Lighting
Festival**
6pm

City Hall Complex,
1032 Montgomery
Highway

*Sunday,
December 7*
**Holiday Parade &
Party in the Park**
2pm

Liberty Park
Rain Date: December 14

*Sunday,
December 14*
Menorah Lighting
5:30pm

City Hall,
1032 Montgomery
Highway





HOLIDAY FUN AT THE CIVIC CENTER!

Gingerbread Jam Competition

December 13, 9am-12pm

Register @
gingerbreadjam.swell.gives

Christmas Craft Day Camp

December 22

8:30am-12pm
Cost: \$40

Contact Melinda Burnett for more details at mburnett@vhal.org or 205.978.0153.

Join Our Team

Facility Monitors

Facility Monitors Responsibilities include: working with coaches, user groups, parents and athletes to ensure the safety and security of Parks and Recreation facilities and program participants; opening/closing fields and facilities; and preparing facilities for use. For more information or to apply, contact Bevia Robinson (brobinson@vhal.org).

Volunteers

Our Senior Transportation program has been in operation for 25+ years, and many of our volunteers have served well over a decade. We are excited to welcome new volunteers to continue this excellent service for our senior residents. Volunteers typically drive one day each month. For more information on becoming a rider or volunteer, call 205.978.0166 or email swilson@vhal.org.





Contact Us

Civic Center Hours

Sunday	1-5pm
Monday-Thursday	7am-9pm
Friday	7am-5pm
Saturday	8am-5pm

New Merkel House Hours

Sunday	Closed
Monday-Friday	9am-4pm
Saturday	Closed

Reach Out

Director of Parks and Leisure Services

Jamie Lee, 205.978.0168, jlee@vhal.org

Seniors & Programming

Sandi Wilson, 205.978.0163, swilson@vhal.org - Civic Center

Melanie Perry, 205.967.5977, mperry@vhal.org - New Merkel House

Civic Center Events Manager

Melinda Burnett, 205.978.0153, mburnett@vhal.org

Athletic Coordinators

William Laatsch, wlaatsch@vhal.org; Will Harrington, wharrington@vhal.org; Bevia Robinson, brobinson@vhal.org; Robby Dellinger, rdellinger@vhal.org; Mike Sullivan, msullivan@vhal.org; All Athletic Coordinators can be reached at 205.978.0166

Get Social

Visit Parks and Recreation online at vhparksandrec.com
and be sure to follow us on social media:



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@VHParks_Rec



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