



**The Arc of Central Alabama
Community Guide**



Social Capital Index

This guide provides resources for places in the community that have proven successful in building community relationships and connections.

The guide has various places in the community with lists of activities associated with those places.

Please talk with each person to determine their likes and interests. The goal is to build connections with people in the community based on common interests!

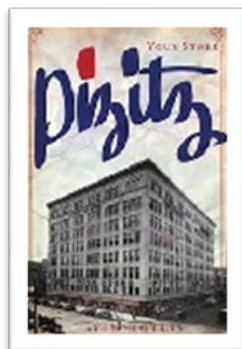
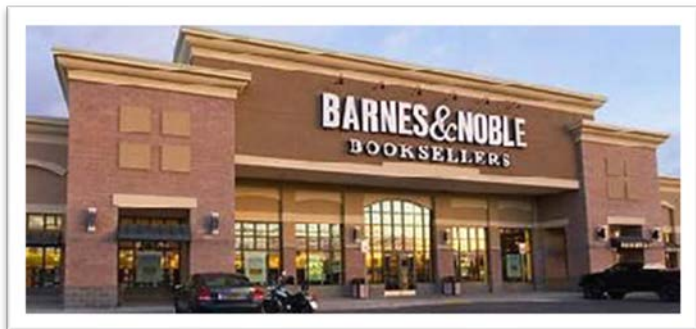
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Bookstores:

- 2nd & Charles, Hoover
- Advent Bookstore, Birmingham
- Barnes & Noble, Birmingham
- B' ham Botanical Gardens *Bookstore/Library
- Books-A-Million, Birmingham
- Books, Beans, & Candles, Birmingham
- Briarwood Christian Bookstore, Birmingham
- Church of the Highlands Bookstore & Cafe
- Church Street Coffee & Books, Mtn Brook
- Jim Reed Book Museum/Store
- Lil Professor, Homewood
- Thank You Books, Crestwood
- UAB Bookstore, Birmingham





Libraries:

- Clarence B. Hanson Library, Birmingham
- Clay Public Library, Clay
- Homewood Public Library
- Hoover Public Library, Hoover
- Jane Culbreth Public Library, Leeds
- Lucille S Beeson Library, Homewood
- O'Neal Public Library, Mtn Brook
- Smithfield Library
- Trussville Public Library, Trussville
- UAB Lister Hill Library
- Vestavia Hills Public Library, Vestavia
- Oneonta public library, Oneonta

Activities at a Bookstore/Library:

- Learn the checkout/ purchasing system.
- Learn staff names/introductions
- Work in the computer labs (navigate internet searches of personal Interest, educational games, YouTube tutorials)
- Read/check out or purchase books, music, videos, etc.
- Engage in activities and events
- Poetry Readings, book signings, craft fairs



Courthouses:

- Birmingham Municipal Court, Birmingham
- Homewood Municipal Court, Homewood
- City of Hoover Municipal Court, Hoover
- Hugo Black US Courthouse, Birmingham
- Irondale Municipal Court, Irondale
- Jefferson County Courthouse, Birmingham
- Mountain Brook municipal Court,
- St Clair County Courthouse, Pell City
- Vestavia Hills Municipal Court, Vestavia

Activities at Court:

- Call ahead for a guided tour
- Practice going through security checkpoints
- Create a list of questions to ask tour guide ahead of trip
- Watch a trial



Emergency Management Tech Hubs:

- Fire Stations (local)
- Police Precincts (local)
- 911 Call Center, CenterPoint
- Interaction Advisory Group, Dustin
- Birmingham

Activities at EMT hubs:

- Schedule a Guided Tour
- Create a list of questions for tour guide ahead of tour.
- Practice going through security checkpoints.
- Practice personal introductions.
- Schedule a training/class with the Interaction Advisory Group



Environmental Programs:

- Audubon Society of Birmingham, Homewood
- Cahaba River National Wildlife Refuge, West Blocton
- Evergreen Trails at Red Mtn Park, Homewood
- Mountain Longleaf National Wildlife Refuge, Anniston
- Oak Mtn Wildlife Center, Oak Mtn State Park, Pelham
- Water Cross Darter National Wildlife Refuge, Bessemer
- Wheeler National Wildlife Refuge, Decatur

Activities at Environmental Centers:

- Scavenger Hunts/" I Spy"
- Guided tours
- Petting/Holding Experiences
- Walking/Hiking
- Hands-on activities provided.



Farms/Produce Plants:

- Durbin Farms, Clanton
- Four D Farms, Cullman
- Havenwood Farms, Wilsonville
- Heaton Pecans U-pick Farm, Clanton
- Oak Mountain Demonstration Farm, Oak Mountain State Park, Pelham
- Old Baker Farm, Harpersville
- Peach Park, Clanton
- Smith Farms, Cullman
- Sugar Hill U-Pick Farms, Verbena
- Steele Orchards, Cullman

Activities:

- Exploration
- Learning about plants/animals.
- Holiday Festivals
- Seasonal Events
- Learning about Nutrition.

****Call ahead for tours***



Fitness Clubs/Gyms:

- Anytime Fitness, Birmingham
- Briarwood Presbyterian Rec Center, Birmingham
- Homewood Rec Center, Homewood
- Lake Shore Rehab Foundation, Homewood
- Lifetime Fitness, Vestavia
- Mtn Brooke Baptist Church Rec Center, Mountain Brooke
- Planet Fitness, Birmingham
- UAB Rec Center, Birmingham
- Valleydale Baptist Church, Rec Center, Hoover
- YMCA (Hoover, Homewood, Birmingham)
- Hoover Parks and Recreation

Activities:

- Sporting events/activities
- Physical Exercise
- Small group physical activities/classes
- Workout/classes

Dine In Restaurants:

- Jim 'N Nick's Bar-B-Q
- Johnny Ray's
- Golden Corral
- Tip Top Grill
- The Filling Station
- Rock n Roll Sushi
- Chinese Buffet
- Hamburger Haven
- Buffalo Wild Wings
- Applebee's
- Charlie B's Restaurant

Fast Food and Snacks:

- McDonald's
- Burger King
- Dairy Queen
- Captain D's
- Wendy's
- Krystal's
- Jack's
- Sonic
- Yogurt Mountain
- TCBY
- Sweet Frog
- Steel City Pops
- Barking Bee Coffee



Banks:

- Bancorp South
- BB&T
- Bryant Bank
- Citizens Trust
- Compass/BBVA
- IBERIABANK
- PNC
- Regions
- Renasant
- Servis First
- Synovus
- Wells Fargo

Activities at Banks:

- Call ahead, schedule a guided tour
- Create a list of questions ahead of tour
- Practice counting cash (play money) before arrival
- Practice completing bank deposit slips
- Go through teller drive-through service
- Discuss differences of the following: checking, savings, and investment accounts
- Describe loans



Food Manufactures/ Suppliers:

- Alabama Home Products
- Butcher Shop, Hoover
- Blue Bell Creameries, Birmingham
- Buds Best Cookies, Hoover
- Buffalo Rock, Birmingham
- Coca-Cola Bottling Company, Birmingham
- Golden Flake Factory, Birmingham
- Marshall Durbin, Birmingham
- Marx Brothers, Birmingham
- Milo's Tea Company, Bessemer
- Mrs. Stratton's Salads, Homewood
- Wood Fruiticher, Birmingham

Activities at Suppliers/Factories:

- Call ahead for guided tours.



Gardening Centers and Farmer's Markets:

- Alabama Farmers Market on Finley, Birmingham
- Andy's Creekside Nursery, Vestavia
- Andy's Farm Market, Hoover
- Birdsong Farmers Market
- Botanica, Birmingham
- Collier's Nursery, Birmingham
- Home Depot
- Hanna's, Garden Shop, Birmingham
- Gardendale Farmers Market, Gardendale
- Leeds Farmers Market, Leeds
- Leaf & Petal at the Summit, Birmingham
- Lowe's
- Meyers Plants & Pottery, Pelham
- Oak Street Garden Shop, Birmingham
- Pepper Place Farmers Market, Birmingham
- Walmart's Garden Center
- Warren Family Garden Center, Leeds
- West Homewood Farmers Market
- Rockets Bug juice Gardens, Birmingham
- Ross Bridge Farmers Market, Hoover
- Secret Garden & Learning Center, Chelsea
- Sweet Pea's Garden Shop, Homewood

Activities at Garden Centers:

- Scavenger Hunts
- Identify vegetables/flowers by name and color
- Discuss properties needed for growth
- Attend a gardening class
- Purchase plants/veggies
- Discuss the life cycle of the plant/veggie
- Name vitamins/minerals found in veggies
- Discuss reasons to include veggies in a healthy diet
- Discuss the benefits of clean air / oxygenated spaces created by plants
- Learn “how-to’s” on growing plants and veggies in a box garden

Gas Stations:

- BP
- Buccee's, Leeds
- Chevron
- Circle K
- Exxon
- CITGO
- Cowboys
- Kangaroo
- Loves
- Marathon
- Petro
- Quick Stop
- Raceway
- Shell
- Sunoco
- Texaco
- Vulcan Gas
- Walmart Gas

Activities at Gas Stations:

- Purchase snacks
- Support individual in learning how to pump Gas
- Guess the Gas Game (estimate price per gallon before arrival)
- Meet/Greet Gas Station attendant
- Identify items in aisles
- Locate restrooms
- Practice asking attendant for keys to restroom if necessary



Grocery Stores:

- Aldi
- Dollar Tree
- Fresh Market
- Piggly Wiggly
- Publix
- Sam's Club- Requires Membership
- Sprouts
- Target
- Trader Joes
- Walmart
- Whole Foods
- Winn Dixie

Activities at Grocery Stores:

- Scavenger Hunts
- Highest/Lowest Price Search
- Make a Menu ("Italian Night", "Taco Tuesday", "Backyard Burgers")
- I SPY (the store brand, the sale items, the clearance shelf)
- Seek & Find food items by aisle (Sign search)
- Identify Healthy/non-healthy food items



Government Agencies:

- AHC (Alabama Capitol Building), Montgomery
- Alabama Department of Mental Health, Montgomery
- ADAP (Alabama Disabilities & Advocacy Program), Tuscaloosa
- ADRS (Alabama Dept of Rehabilitation Services) Birmingham
- DRR (Disability Rights & Resources) Dan Kessler, Birmingham
- Medicaid/Medicare (Govt assisted Health Insurance) Birmingham/Trussville
- NCHPAD (Advocacy for people with disabilities) at Lakeshore Foundation, Homewood
- SSI/SSDI (Social Security /Disability Income) program, Birmingham
- FSP (food stamp program) Birmingham
- JCHD (Jefferson County Health Dept.) Birmingham
- JBS, Birmingham
- BCHD (Blount County Health Dept.) Oneonta
- HUD, Birmingham
- G.O.O.D. (Governors Office on Disability) *Graham Sisson, Birmingham
- VR (Vocational Rehab) Birmingham

Activities at Government Agencies:

- Call ahead to schedule a guided tour
- Create a list of questions ahead of tour
- Go online to explore services provided at each agency
- List abbreviations used and discuss their meaning



Medical Facilities:

- Brookwood Hospital, Homewood
- Grandview Hospital, Birmingham
- Princeton hospital, Birmingham
- Shelby Baptist Health, Alabaster
- St. Vincent's Hospital, Birmingham
- UAB Hospital, Birmingham
- Local Urgent Care Facilities (American Family Care, Med-Help)
- Local Drs Offices
- Local EMT Services (Fire stations, Police *Headquarters, Ambulance Hub)

Activities at Medical Facilities:

- Call ahead to arrange a tour
- Ask for personal Introductions to local EMT staff
- Create a list of questions ahead of tour.



Museums:

- Alabama Artists Gallery, Montgomery
- Alabama Jazz Hall of Fame, Birmingham
- Alabama Museum of Health Sciences, *UAB/Birmingham
- Alabama Historical Radio Museum, Birmingham
- Alabama Constitution Village, Huntsville
- Alabama Men's Hall of Fame, Birmingham
- Alabama Sports hall of Fame, Birmingham
- Alabama Department of Archives & History, Montgomery
- Alabama Governor's Mansion, Montgomery
- Aldrich Coal Mine Museum. Montevallo
- American Village, Montevallo
- Anniston Museum of Natural History, Anniston
- Arlington Antebellum home and Gardens, Birmingham
- Ava Maria Grotto, Cullman
- Museum of Natural History at the *University of Alabama, Tuscaloosa
- Barber Vintage Motorsports Museum, Leeds
- Berman Museum of World History, Anniston
- Birmingham Museum of Art, Birmingham
- Birmingham Civil Rights Institute & *Museum, Birmingham
- Dauphin Island Sea Lab and Nautical History Museum, Baldwin County
- Fort Payne Train Depot Museum, Ft Payne

- Freedom Rides Museum, Montgomery
- F Scott & Zelda Fitzgerald Historic Museum, Montgomery
- Gadsden Museum of Art, Gadsden
- Heart of Dixie Railroad Museum, Calera
- Huntsville Museum of Art
- International Motorsports Hall of Fame, *Talladega
- Jesse Owens Memorial Park and Museum, Oakville
- Hands -On History Museum, Tuscaloosa
- Museum of Natural History at McWayne Center, Birmingham
- Negro Southern League Baseball Museum, Birmingham
- Vulcan Park Museum, Birmingham
- Southern Museum of Flight, Birmingham
- Sloss Furnaces National Historic
- Tuscaloosa Museum of Art, Tuscaloosa
- US Army Aviation Museum, Ft Rucker

Activities at Museums:

- Audio/Guided Tours
- Scavenger Hunts
- Rank exhibits with a 5 star or less rating to designate personal favorites.
- Photo Ops with friends
- Hands-on activities provided by museum staff
- List questions about topics/exhibits toured for museum staff upon arrival.

Assisted Living and Nursing Centers:

- Atlas Sr Living, Mtn Brook
- Brookdale University Park, Birmingham
- Cahaba Ridge Retirement, Vestavia
- Columbia Cottage, Mtn Brook
- Cottage Sr Living, Vestavia
- Danbury at Inverness, Inverness
- Eastview, Birmingham
- Galleria Woods, Hoover
- Greenbriar at Altamont, Birmingham
- Homewood Church of Christ Sr Living, Homewood
- Elmcroft, Clay/Pinson
- Fairhaven, Crestline
- Faith House, Birmingham
- Kirkwood by the River, Birmingham
- Lakeview Estates, Birmingham
- Longleaf, Liberty Park, Vestavia
- Morningside, Vestavia
- Mount Royal Towers, Vestavia
- Oak Knoll, Birmingham
- Peach Tree Sr Living, Trussville
- Regency Retirement Village, Homewood
- Skyline Village, Birmingham
- Somerby at St Vincent's, Birmingham
- St. Martins in the Pines, Irondale

Activities at Nursing and Assisted Living Centers:

- Arts & Crafts
- Sing-A-Longs/Karaoke
- Board Games/BINGO
- Visiting and Making new friends
- Connecting

Outdoor Parks/Natural Habitats:

- Aldridge Botanical Gardens, Hoover
- Avondale Park, Avondale
- Birmingham Botanical Gardens, Mtn Brook
- Birmingham Zoo, Birmingham
- Cahaba Riverwalk Park, Mtn Brook
- Crestwood Park, Crestwood
- Cosby Lake Park, Pinson
- Flora Johnston Nature Park, Irondale
- Georgetown Park, Hoover
- George Ward Park, Birmingham
- Highland Lake Park, Birmingham
- Hoover Lake House Park, Hoover
- Jemison Park, Homewood
- Kelly Ingram Park, Birmingham
- Linn Park, Birmingham
- Lake Guntersville state park, Guntersville
- McCallum Park, Vestavia
- Moss Rock Preserves, Hoover
- Oak Mtn State Park, Indian Springs
- Overton Park, Mtn Brook
- Patriot Park, Homewood
- Palisades Park, Oneonta
- Railroad Park, Birmingham
- Red Mtn Park, Homewood
- Rufus Roads Park, Birmingham, Highland Ave
- Shades Mtn Community Park, Hoover
- Tom Bradford Park, Edwards Lake Rd
- Turkey Creek Nature Preserve, Pinson
- Veterans Park, Hoover

Activities at Parks:

- Walking/ hiking
- Running/stretching
- Fishing (as allowed by park)
- Feeding wildlife (as allowed by park)
- Swinging
- Frisbee
- Kickball
- Kites
- Picnics



Pharmacies:

- Beaumont Pharmacy, Inverness
- Birmingham Apothecary, Birmingham
- Citizens Express Health Mart, Birmingham
- Crestwood Pharmacy, Crestwood
- CVS Pharmacy, local
- Gentry Pharmacy, Hoover, Birmingham
- Harbin Discount Pharmacy, local
- Homewood Pharmacy, Homewood
- Healthmart Pharmacy, local
- Lakeshore Pharmacy, Homewood
- Liberty Pharmacy, Vestavia
- Medaeu's Pharmacy, Hoover
- Michael Woodward Pharmacy, Birmingham
- Mills Pharmacy, Vestavia
- Payless Drugstore, local
- Ritche's Pharmacy, local
- Walgreens, local
- Wellness Pharmacy, Trussville
- UAB Pharmaceutical Board, UAB Hospital
- York Pharmacy, Birmingham

Activities in Pharmacies:

- Identify signage with aisles
- Identify names/brands of basic medications
- Discuss symptom/treatment connections
- Meet/Greet local pharmacists
- Play a matching game (if/then scenario's ex; "if I have a headache, then I look for _____ medicine.")
- Locate medications based on symptoms
- Identify contents of a basic first aid kit
- Discuss emergency/non-emergency symptoms after visiting the pharmacy



Public Broadcasting — TV and Radio:

- ABC/WBMA Birmingham
- APT, Birmingham
- CBS/WIAT Birmingham
- EWTN, Christian Station, Irondale
- Fox/WBRC, Hoover
- NBC/WVTM, Birmingham, Tuscaloosa
- WTTO/ TV, Birmingham

Activities at TV and Radio Stations:

- Call ahead to schedule a guided tour
- Create a list of questions prior to tour



Public Transportation:

- A1 transportation Services
- Birmingham/Shuttlesworth International Airport, Birmingham
- Birmingham/Jefferson Transit Authority, Birmingham
- Birmingham Southern Railroad, Birmingham
- Central Station, Birmingham
- Lyft
- MAX bus lines, Birmingham
- Uber
- Zip Bikeshare

Activities with Public Transportation:

- Identify various forms of transportation
- Identify Traffic Signs
- Take a ride
- Practice walking city streets and following signs/road rules
- Plan a trip using a map (google maps, paper maps, etc.)
- Estimate time/distance from point A to point B
- Discuss stranger danger
- Display appropriate behaviors in public
- Ask for help from appropriate person



Recreational Facilities:

- Bowlero Riverview Bowling, Birmingham
- DeSoto Caverns, Childersburg
- Grand River Put-Put, Leeds
- Highland Park Golf, Birmingham
- Holiday Bowl Fun Center, Bessemer
- Lightning Strikes, Bowling, Birmingham
- Oak Mountain Lanes, Pelham
- Oak Mtn Golf Course, Pelham
- Roebuck Golf Course
- RTJ Golf Trail, Homewood
- Turkey Creek Driving Range, Morris
- Rack'Em Billiards, Pelham
- Spare Time, Trussville
- Trussville PlayStation, Trussville
- TOPGOLF, Birmingham
- Vestavia Bowl, Vestavia Hills
- Zip Lining, Red Mtn., Homewood
- Spare time Bowling, Trussville

Retail Department Stores/ Shopping Malls:

- Big Lot's, local
- Bluff Park Shopping, Hoover
- Brookwood Village Mall, Homewood
- Crestwood Shopping Center, Crestwood
- Dollar General, local
- Dollar Tree, local
- Family Dollar, local
- Five Below, local
- Grand River Outlets, Leeds
- Grant's Mill Station, Irondale
- Green Springs Shopping Center, Homewood
- Hoover Commons, Hoover
- Target, local
- Tannehill Promenade, McCalla
- The Heights Village, Vestavia
- The Pinnacle, Trussville
- Trace Crossings Shopping Center, Hoover
- Trussville Promenade, Trussville
- Ollie's, local
- Patton Creek Shopping Center, Hoover
- Pepper Place, Avondale
- Riverchase Galleria
- Roebuck Shopping Center, Roebuck
- Shops at Colonnade, Vestavia
- Summit, Birmingham
- Vestavia Hills City Center, Vestavia
- Walmart, local
- Wildwood Shopping Center, Homewood

*See list provided for shopping activities.



Sports Arenas/Events:

- Bill Harris Arena, Bessemer
- Birmingham Barons Baseball Stadium, (Regions Field) Birmingham
- BJCC, Birmingham
- Bartow Arena, UAB Birmingham
- Finley Center, Hoover
- Hoover Met Complex, Hoover
- Legacy Arena, UAB Birmingham
- Legion Field Stadium, UAB Birmingham
- Liberty Park Athletic Complex, Vestavia
- Pelham Civic Complex, Pelham
- Protective Stadium, Birmingham
- Rickwood Field, Birmingham

Activities:

- Watch website calendars to plan visits
- Attend a game
- Attend free & discounted events open to the public
- Ask for free programs with autographs/introductions
- Visit souvenir shops



Theaters:

- AMC Summit 18 Theatres, Birmingham
- AMC Classic Lee Branch, Birmingham
- Phoenix Theatres, The Edge, Birmingham
- Regal Cinemas, Trussville
- Birmingham Premiere LUX Cinemas, Homewood
- McWayne Ctr IMAX, Birmingham
- AMC Theatres, Vestavia
- AMC Patton Creek, Hoover
- Grand River, Drive-In Cinema, Leeds
- Pell City Cinemas