

May 2015 Senior Center Information

Holiday Closing

The Senior Center will be **closed** on Monday, May 25 in observance of Memorial Day.

South City Theater - Join us on **Sunday, June 7**, to go see the play *Mama Won't Fly*. The outrageously hilarious race against the clock begins when Savannah Sprunt Fairchild Honeycutt agrees to get her feisty mother all the way from Alabama to California in time for her brother's wedding. Savannah's problem: Mama won't fly. This ferociously funny, family-friendly Jones-Hope-Wooten comedy will have you laughing your way across the country and all the way down the aisle! Cost is \$11.00/person and includes transportation, admission to play. Space is limited!

Drumming Program - Join us on **Tuesday, May 5, at 10am**. No experience necessary but the benefits are endless. The benefits of drumming: improve your mood, increase circulation, and improve focus, low impact exercise and creativity. No charge for this program.

Stone Hollow Farmstead outing in Harpersville - Tuesday, May 12 – we will travel to their farm to tour their organic gardens, taste cheese at the creamery and eat a wonderful organic lunch. Cost is \$20/person and includes: transportation, tour and lunch. Space is limited!

Know this artist? Friday, May 29 from 12-3pm. How well do you think you know famous painters? Learn about well-known artists while recreating one of their most famous works using a variety of techniques and supplies. You don't need to be an artist to learn and create fun art history! We will learn about Vincent Van Gogh or Jackson Pollock (depends on the weather). Cost is \$12/person with all supplies included. Space is limited.

Arthritis Exercise Program - NEW CLASS TIME - Every Wednesday at 9:30-10:30am. This class helps improve pain and stiffness, maintain range of motion, balance, coordination and also increases endurance and improves overall health. Space is limited. \$2/class.

Line Dancing - NEW THURSDAY CLASS TIMES – Intermediate Line Dancing from 9:15am-10:05am followed by Beginner Line Dancing from 10:10am-11:00am. Cost is \$2/class.

Tempo! – Fridays at 10am. This exercise class will focus on stretching, cardio, light weights and having fun! You won't want to miss this class. \$2/class.

You won't want to miss all the activities at the Senior Center:

- Timeless Treasures (singing): Mondays at 10:00 am
- Head to Toe Fitness: Mondays from 1:00 pm until 2:00 pm
- Mat Stretch Class: Mondays from 2:15 pm until 2:45 pm

- Wii Bowling: Tuesdays from 12:00 pm until 2:00 pm
- Rook: Wednesdays at 9:00 am
- Arthritis Exercise: Wednesdays at 9:30 am
- Zumba Gold (exercise): Wednesdays at 1:00 pm
- Beginner/Inter Line Dancing: Thursdays at 9:15 am
- Beginner Line Dancing: Thursdays at 10:10 am
- Bridge: Thursdays from 12:30 pm until 3:00 pm (note time change)
- Tempo exercise: Fridays at 10 am

If you would like more information concerning Senior programs, please contact the Alabaster Senior Center at 205-663-1307 or awalters@cityofalabaster.com