

November 2015 Senior Center Information

We are looking for individuals over the age of 18 who would like to volunteer with our seniors. We have opportunities at the Senior Center to help serve our homebound and our daily seniors during meal time. Please contact us at 205-663-1307 to discuss available days and times.

Closed for Holidays- The Senior Center will be closed on the following dates:

- Wednesday, Nov. 11, in observance of Veterans Day.
- Thursday & Friday, Nov. 26 & 27, in observance of the Thanksgiving holiday.

Shopping at Southern Home and Garden Store in Montgomery- Friday, November 6. We will travel to Montgomery and enjoy shopping their opening Christmas weekend, and then have lunch in the community. Cost is \$1 to reserve your spot; and you will need to bring \$10-12 for lunch. Space is limited. Sign up at the Senior Center.

Attention Fellow Bookworms- Want to meet new people or get to know old friends better? Join us on the 4th Monday of each month (November 23) at 10am to discuss the group's latest book choice. Watch for monthly sign-ups and book announcements.

Note: Space is limited in exercise classes. Sign up for each class begins 30 minutes prior to the start of a class. First come, first serve basis.

Head to Toe Fitness Class- Mondays from 1-2pm. Build muscular strength, increase your cardiovascular endurance and improve your balance, flexibility and range of motion as you have fun and move to the music! Do all this seated or standing.....it's your choice! This class will incorporate the use of hand weights, resistance tubing, balls, etc. into an enjoyable exercise class that will help you manage your activities of everyday living with ease. So join us as we strengthen our body, mind and spirit, and support each other in the pursuit to make everyday a healthier day! \$2/class.

Zumba Gold- Relatively high intensity, low-impact fitness class featuring Latin and World rhythms and the same party favor as regular Zumba. A great cardio workout that is fun! Wednesdays from 1-2pm. Cost is \$2/class.

Line dancing- join us on Thursday for the 9:15am intermediate class or the 10:10am beginner class. No experience necessary. Cost \$2/class.

Gentle Yoga- an hour class that combines traditional yoga postures and breathing techniques. Gentle movement is modified to allow the class to be completed by a standing or seated participant. All levels of fitness are welcome. Tuesdays from 1:15-2:15pm. Cost is \$2/person and space is limited.

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

- Wii Bowling: Tuesdays from 12:00 pm until 2:00 pm
- Gentle Yoga: Tuesdays from 1:15 pm until 2:15 pm

- Rook: Wednesdays at 9:00 am
- Arthritis Exercise: Wednesdays from 9:30 am until 10:30 am
- Zumba Gold (exercise): Wednesdays from 1:00 pm until 2:00 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
- Ageless Adventures in Movement: Thursdays from 1:00 pm until 2:30 pm

- 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