

October 2015 Senior Center Information

Flu Shots- Brooklere Pharmacy will be here on **Tuesday, Oct 6 from 9-10:30am** to administer free flu shots to all seniors with proof of one of the following insurances: Medicare, Medicare Railroad, UMWA, VIVA, Health Springs, some Blue Cross plans, Blue Advantage (\$5 copay) and Secure Horizons (\$5 copay). Sign up at the Senior Center to reserve your shot.

Bingo and shopping at the outlets in Leeds- Tuesday, October 13- We will have fun playing bingo, eating lunch and shopping at the Grand River outlets in Leeds. Cost is \$1 to reserve your spot and you will need to bring \$8-10 for lunch. Space is limited. Sign up at the Senior Center.

Samford Planetarium- Thursday, October 29- Do you want to learn more about the solar system and the night sky? If so, you won't want to miss our outing to the Samford Planetarium. Cost is \$1 to reserve your spot. Bring \$12-15 for lunch at Gian Marcos in Homewood. 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 (October 26) 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 while 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.

Strengthen, Stretch and Restore (30 min mat based exercise class) Mondays from 2:15-2:45pm. All participants will begin class seated on a mat on the floor. A variety of exercises will be performed on the mat with no need to get up and down during class. We will remain on the mat until the end of class. This class is designed to strengthen the body by incorporating lengthening exercises that use body weight as well as fitness tools. Focus will be on stabilizing the body's core which is where all movement and balance begins. We will also increase flexibility and range of motion while gently stretching all of the major muscle groups. We will also focus on correct breathing techniques, body awareness, and relaxation feeling refreshed and restored by the end of class. \$1/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! Wednesday 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.

***Time Change* 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
- Mat Stretch Class: Mondays from 2:15 pm until 2:45 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
- Adventures in Dance: Wednesdays from 2:15 pm until 3:00 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

- 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