

## **September 2015 Senior Center Information**

**HOLIDAY CLOSING-** The Senior Center will be closed Monday, **Sept. 7**, in observance of Labor Day.

**AARP- Smart Driver Class- Tuesday, September 1 - 9am-3:30pm** at the Senior Center. This is a 6 hour classroom refresher that can help the effects of aging on your driving and how you can adjust your driving. Cost is \$15.00/AARP member and \$20.00/AARP nonmember. Bring your own lunch. Make checks payable to AARP. You will need to stop by the Senior Center and reserve your spot.

**Scrapbook Princess Outing- Tuesday, September 8** – We will travel to the Moody area and attend a class where you will make 2 different cards and use 2 different techniques. Cost is \$6, and you will need to bring \$10-12 for lunch. Everyone is welcome who would like to learn more about making cards or scrapbooking. Sign up at the Senior Center.

**Petals from the Past Outing-Tuesday, September 15-** Do you want to learn more about how to grow herbs, and then what to do after you have grown them? We will attend a class and eat lunch at Petals from the Past. Cost is \$25/person for class and lunch. Space is limited. Sign up at the Senior Center.

**Old Cook Stove and Amish Bakery- Friday, September 18-** we will enjoy a meal at the Old Cook Stove in Cullman along with a stop at the Amish Bakery. \$1.00 to reserve your spot, and bring \$12-15 for lunch. Space is limited. Sign up at the Senior Center.

**Fall Wreath Craft- Tuesday, September 22** from 12-1:30pm. You will create a fall wreath with coffee filters. Cost is \$10 to reserve your spot and includes all supplies. 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 4<sup>th</sup> Monday of each month (September 28) at 10am to discuss the group's latest book choice. Watch for monthly sign-ups and book announcements.

**Murder Mystery Play on the Harriot II Boat – Saturday, November 21-** We will travel to Montgomery to board the Harriot II boat and enjoy a family fun murder mystery play. You will even get a chance to guess “who did it” at the end of the night. Refreshments will be available to purchase on the boat. We will eat an early dinner prior to boarding the boat. This is an early sign up due to the tickets needing to be purchased in advance. Cost of admission for the Murder Mystery Cruise is \$35. It has to be paid in order to reserve your spot. Bring \$10-\$12 for dinner. Space is limited.

**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.**

**NEW Adventures in Dance-** a dance class especially designed for people with Parkinson's disease or other neurological disorders. Caregivers and other interested participants are welcome. If you love to move to music in a safe and caring environment, this is the class for you! This will be a 6 week program on Wednesdays from 2:15-3pm. 6 week class will end September 16. Cost is \$2/class.

**NEW 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. (*Note: you will not be going to the floor in this class.*) All levels of fitness are welcome. Thursdays from 2:15-1:15pm. Cost is \$2/person and space is limited.

**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 1-2pm. 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 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
- Gentle Yoga: Thursdays from 12:15 pm until 1:15 pm
- 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](mailto:awalters@cityofalabaster.com)**