

April 2016 Newsletter

Upcoming 2 night/3 day Orange Beach Trip- Oct 11-13, 2016. You won't want to miss this fun trip! Lunch at Lamberts, shopping at the outlets, tour the Aviation Museum, watch the Blue Angels, sunset dolphin cruise, gulf front rooms and lots of good food. Total cost of trip is \$245/double occupancy for gulf front room and \$210/double occupancy for inland room. Triple, double and single occupancy available. Stop by the center for more information. Space is limited. Sign up and make your deposit of \$75/person beginning on April 1.

Art is 4 Every1- April 1 and 8 from 12-2pm. This is a two day acrylic painting class open for beginner painters or anyone who has not painted in a long time. This class will focus on teaching students that have little to no drawing or painting experience. You will have step by step instructions and will complete a painting at the end of the two days. Cost is \$12/person and all supplies are included. Space is limited.

Faux Clay Pot Craft- Monday, April 18 from 9:30-11am. You will learn a Faux technique that can then be applied to wood furniture, floors, walls and counter tops. This is for every skill level. Cost is \$8/person and includes all supplies. Space is limited.

Upcoming Book Club- join us on for our next class on **Monday, April 25 at 10am.** We will meet every 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

Interested Gardeners- Tuesday, April 26 we will travel and tour Mike Rushing's gardens in Coal City. This will be a lunch and learn experience. Cost is \$12 and includes lunch and tour. Space is limited.

Wellness Checks and Education- Tuesday, April 26 – the Alabaster Fire Department will be here at 9am to check blood pressure and blood sugar. Following at 10am they will lead an informative fire safety trivia.

Group Fitness Classes Offered at the Alabaster Senior Center

You may stop by the front desk and sign up to attend any of the exercise classes 30 minutes prior to the beginning of the class.

Mondays from 1-2pm- Head to Toe Fitness Class

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! Space is limited. \$2/class.

Tuesdays from 1:15-2:15pm- Gentle Yoga

Combines traditional/modified yoga postures and breathing techniques. Come improve your overall health through understanding your body better and leave feeling refreshed and reenergized. Gentle movement is modified to allow the class to be completed by a standing or seated participant; all levels of fitness are welcome. Space is limited. \$2/class

Wednesday from 9:30-10:30am -Arthritis Exercise Program

Helps alleviate pain and stiffness, maintain range of motion, improve balance and coordination, increase endurance and overall health. This is a seated class. Space is limited. \$2/class.

Thursday from 9:15am Intermediate Class Line Dancing

For dancers with some prior line dance experience. High beginner and intermediate dances will be taught with more complicated steps and at a faster pace. Students may move up to this class when they feel they are ready. Space is limited. \$2/class.

Thursday from 10:10-11am Beginner Class Beginner Line Dancing

For students new to line dancing. Several easy beginner dances will be taught in each class. Instruction will proceed at an easy pace and repetition will be emphasized. Appropriate supportive shoes should be worn such as tennis shoes, boots, flats. High heels and backless shoes are not appropriate. Safety is a priority. Space is limited. \$2/class.

Thursday from 1:00-2:30pm Ageless Adventures in Movement

Uses movement as a language to express an idea. As we explore some issues of aging and learn the basics of creative movement. We'll learn to use the elements of dance to tell our stories and explore the concept of the relationship between dance and the well-being of mind, body and spirit. No prior dance experience is necessary. We'll build our dance vocabulary as we go! This is an ongoing class \$2/class.

Fridays at 10am-11am- Tempo!

Focuses on stretching, cardio, light weights and having fun! All taught to music! Learn safe ways to improve muscles to make every day activities easier. Emphasis is on improving and maintaining overall health from head to toe. You won't want to miss this class. All levels are welcome. Space is limited. \$2/class.

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