

February 2016 Senior Center Newsletter Info.

Drumming is back!!!! Join us on February 2 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. Sign up at the senior center.

Jewelry Stringing Class- Friday, February 5 from 12-2pm – Join us to learn how to string beads using flexible beading wire, crimp beads and toggle clasps. Learning this technique will allow you to make necklaces and bracelets for yourself and friends. This class is designed for all levels of beaders, new to experienced. Beading pliers and some small beads will be used in this class. We will complete a beaded bracelet with an extender chain. Cost is \$12/ person and all supplies are included. Space is limited

James and James will be providing entertainment on Tuesday, February 9 at 10:15am.

Red Cross Disaster Preparedness Program- Friday, February 19 from 12-12:45pm. Come learn the basics on how to be prepared in case of an emergency. What do you do if your electricity is out for days? How much water should you store up and how? (and more) Call to reserve your spot.

Bud's Best Cookie Tour- Tuesday, Feb 23. We will enjoy a fun tour at Bud's Best Cookies and then we will eat lunch in the community. Cost is \$1 to reserve your spot. Bring \$10-\$12 for lunch.

Upcoming Book Club- join us on for our next class on **Monday, February 22 at 10am**. We will meet every 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

The Alabaster Senior Center will be collecting non-perishable goods through the month of February to help seniors that are in need. Please feel free to drop off any non-perishable goods at the front desk.

Wish List-Our Timeless Treasures singers are currently looking for someone that would like to volunteer to play the piano on Mondays from 10-11am. If you are interested, please contact Betty at 663-1307.

It is a new year and time to check out our great fitness/exercise classes!

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.

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

Head to Toe Fitness- Mondays 1-2pm

Arthritis Exercise – Weds 9:30am-10:30am

Zumba Gold - Wednesdays 1pm-2pm

Beginner/Inter Line dancing – Thursdays 9:15am

Beginner Line Dancing – Thursday 10:10am

Gentle Yoga- Thursdays 1:15-2:15pm

Tempo exercise – Fridays 10am

Bridge- Thursday 12:30-3:30pm

Rook- Wednesdays 9:00am

Timeless Treasures (singing) – Monday 10am

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