

January 2016 Senior Center Information

Drumming is back!!!! Join us on January 5 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.

Shopping at Dillard's Outlet in Montgomery- Friday, January 15. Join us as we travel to Montgomery and enjoy shopping at Dillard's Outlet Store and eating lunch in the community. Cost is \$1 to reserve your spot. Bring \$10-\$12 for lunch.

Summer Classic Tour and Lunch- Tuesday, January 19- We will visit the newest outdoor furniture store in Pelham, take a guided tour of their warehouse, and eat lunch at their café which is catered by Bellini's. Note: there is walking on this tour. Cost is \$1 to reserve your spot. Bring \$10-12 for lunch.

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

Mixed Media Class- Friday, Jan 29 from 12:30-2:30pm. We will be learning the basics of mixed media along with techniques. Mixed media is artwork using more than one medium with different techniques. All skill levels are welcome. This is not a required class for future classes but will teach you many of the basic techniques. Cost is \$12 to reserve your spot. Space is limited.

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, from 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. [Sign up begins on Monday, January 4 for this class.](#)

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, coordination and also increases endurance and improves overall health. Every Wednesday from 9:30-10:30am. Space is limited. \$2/class.

Mark Your Calendars- Zumba Gold – A beginner class – the FIRST Wednesday in January (6th) class will focus on breaking down the steps and movements. If you have never participated in a Zumba class, or it has been a long time, come to this class. 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.

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 1:00-2:00pm

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

Zumba Gold – Wednesdays 1:00pm-2:00pm

Beginner/Inter Line Dancing – Thursdays 9:15am-10:05am

Beginner Line Dancing – Thursdays 10:10am-11:00am

Gentle Yoga – Tuesdays 1:15-2:15pm

Tempo Exercise – Fridays 10:00am

Bridge – Thursdays 12:30-3pm

Rook – Wednesdays 9:00am

Timeless Treasures (singing) – Mondays 10:00am

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