

June 2016 Newsletter

Upcoming Trips

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/ person for double occupancy for gulf front room and \$210/person for 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. ONLY 7 more spots left!

2 night/3 day Nashville, TN- December 6-8, 2016

This will be a festive Christmas trip. We will enjoy the Gaylord's' Opryland Ice Exhibit, visit the beautifully decorated Opryland Hotel. We will enjoy an Opryland Country show at the Ryman Theater and also the Nighttime Dinner Theater show. The fun does not stop there.....We will travel 30 minutes north to the quaint little town of Franklin, TN. You will have the opportunity to walk around downtown Franklin and enjoy lunch on your own. We will also take a tour of the Lotz Home and Civil War Museum. Our last stop before heading out of town will be to take a tour of the Parthenon in Nashville. Space is limited and cost for single occupancy is \$390, double \$275, triple occupancy \$235. Mark your calendars. **Sign-ups begin July 1 at 8:10am- stop by and make your deposit of \$75/person to hold your spot.**

Art is 4 Every1- July 8, 15, 22, 29 from 12-2pm.

This is a 4 week acrylic painting class. Art is 4 Every 1 is a method of acrylic painting that breaks the painting process into small steps, as tiny and as simplified as is needed according to the ability and experience of the student. Students learn to use primary colors to mix any color they need for their painting. Each painting is done in layers to allow students to develop confidence and learn brush techniques. It is an equally useful method for those already acquainted with painting as it is a method that allows the painter to work quickly and with room for creative adjustments. You need to plan to attend all 4 classes. Cost is \$25 and you will need to bring your own supplies. A list of supplies will be given out at the day of sign up. Sign-ups begin June 1.

Paper Craft Class- Monday, June 13 from 12-3pm

Join us for an ongoing class to learn the basics of paper crafting. Whether you want to make your own handmade cards or create beautiful scrapbooks to preserve family memories this class is for you. In each class you will make examples of 1-2 new techniques which can be used to make your own personalized creations during the class. Join us for fun and creativity as well as discovering your hidden talents. This class is held the second Monday of the month from 12-3pm. Cost: \$5/class.

Gardening Class- Tuesday, June 21 from 9:30-11am.

Pollinators, what are they? Why are they important? How do we help them? We will be learning about different pollinators and building a home for them. Space is limited and cost is \$8/person.

Hyundai Plant Tour- Friday, June 24

We will travel to Montgomery and take a guided tour on a tram of the Hyundai plant. We will see the many steps it takes to make a car. We will first enjoy a brunch at Cracker Barrel and then take a tour of the Hyundai Plant. Bring \$10-12 for brunch. Space is limited. \$1 to reserve your spot.

Upcoming Book Club

Join us on for our next class on **Monday, June 27 at 9:30am**. We will meet every 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

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