

March 2016 Newsletter

Day trip to the Milky Way Farm- Wednesday, April 20 we will travel to Pulaski Tennessee to experience a guided walking tour of the 20 bedroom Manor home. You will learn the history of the Milky Way candy bar, the farms Kentucky Derby winner and the 1930's farm operations through today. Space is limited. Cost is \$30/person. Includes transportation, admission and lunch.

Drumming is back!!!! Join us on March 1 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.

AARP- Smart Driver Class- Friday, March 4 - 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 non-member. Bring your own lunch. Make checks payable to AARP. You will need to stop by the Senior Center and reserve your spot.

Bingo and shopping at the outlets in Leeds- Tuesday, March 8. We will have fun playing bingo, eating lunch and shopping at the Grand River outlets in Leeds. Cost is \$1 to reserve your spot and you will need to bring \$8-10 for lunch. Space is limited. Sign up at the Senior Center.

Mixed Media Class- (2 day class) March 14 from 10-11am and March 15 from 12-1:30pm. You will be using gesso and layering mixed media on canvas. Space is limited. Cost is \$12.00 to reserve your spot. No experience necessary.

Latin/Salsa Dance Night- Friday, March 18 6:00-8:30pm. Come dance the night away to Latin music. Cost is \$5/person. Light refreshments will be served. Must have purchased a ticket prior to dance. No tickets will be sold at the door.

Two Needle Jewelry Stringing Class- Friday, March 18 from 12-2pm – Learn how to use two needles to create a beautiful necklace. You will be using seed beads and Czech mate square two hold beads. This technique can be used to create a variety of necklaces and bracelets from beads you have at home. The only tools we will be using are the needles. Be aware that the seed beads are small so don't forget your glasses. Cost is \$12/ person and all supplies are included. Space is limited

Wellness Checks and Education- Tuesday, March 22 – the Alabaster Fire Department will be here at 9am to check blood pressure and blood sugar. Following at 10am they will lead an informative basic first aid session. Come and learn a little more about what to do in an emergency.

Upcoming Book Club- join us on for our next class on **Monday, March 28 at 10am.** We will meet every 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

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

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

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

Adventures in Movement- Thursday 1-2:30pm

Tempo exercise – Fridays 10am

Bridge- Thursday 12:30-3:30pm

Rook/Rummikub- 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