

July 2016 Newsletter

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 south 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 \$395, 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.**

Paper Craft Class- Monday, July 11 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 you 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, July 19 from 9:30-11am.

Tips and tricks on flower pot design. You will learn all the tips on how to create a beautiful pot and then apply them to your own flower pot. Space is limited and cost is \$8/person.

Food Preservation: Canning, Freezing and Drying Basics- Tuesday, July 19 from 12-2pm.

I have all the fresh food- now what? Come learn the basics on "putting food up." We will be using our new dehydrator, herbs from our hydroponic garden and making new recipes. Space is limited and \$12/person to reserve your spot.

Grandparents Day- Making MemoiresYou and Your Grandchildren- Friday, July 22 from 9:30am-11:30am.

We are inviting our seniors and their grandchildren or great grandchildren (ages 4-12) to come have a day full of fun! You will enjoy playing lots of carnival games, creating a fun piece of art, playing bingo and having pizza for lunch. Space is limited. Cost is \$10 for one senior and one child and additional \$5/child. Space is limited.

Upcoming Book Club

Join us on for our next class on **Monday, July 25 at 9:30am.** We will meet every 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

Helping Out the Community

In the month of July- **July 5th to July 26th** we will be collecting school items for our local schools. Here is a list of items we could use. Drop any of the items off at the Senior Center Monday- Friday 8am-3pm.

Clorox Wipes, Tissue, Hand Sanitizer (for teachers in large bottle)

Paper Towels, Zip lock bags (quart and galloon)

Paper, Folders, Notebooks, Pencils, Pens, Crayons, Markers, Glue sticks, Rulers

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. Cost is \$2.00/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, and 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