

## **August 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. Space is limited. **Stop by and make your deposit of \$75/person to hold your spot.**

### **Your Life, Your Legacy and Preplanning- Tuesday, August 2 at 10am**

Join us for an educational seminar in a relaxed, informal environment to answer your questions, address your concerns and show you how easy it is to start planning your funeral and cemetery pre-arrangements today. Session will be presented by Southern Heritage Funeral Home.

### **Paper Craft Class- Monday, August 8 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.

### **AARP- Smart Driver Class- Monday, August 15 - 9am-3:30pm**

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 nonmember. Bring your own lunch. Make checks payable to AARP. You will need to stop by the Senior Center and reserve your spot.

### **Gardening Class- Tuesday, August 23 from 9:30-11am.**

In this class you will be making two concrete fern stepping stones. One for yourself and one for the senior center's garden area. You can bring things to decorate your stepping stone or we will have decorative glass, etc. to place in the stepping stones. Space is limited. Cost is \$8/person.

### **Herbal Solutions For Everyday Living- Tuesday, August 23 from 12-1:30pm**

The herbs you grow in your backyard are not only for eating and medicine but can easily be incorporated into daily living. You will not only learn about these herbs, you will be making your own herbal solutions for your home. Space is limited. Cost is \$12/person.

### **Upcoming Book Club**

Join us on for our next class on **Monday, August 22 at 9:30am.** We will meet every 4<sup>th</sup> Monday to discuss the book and introduce a new book. Sign up at the senior center.

**September Class! Hand Building Clay Class-Friday, September 9- 8:30pm-2pm**

This class will focus on using and sculpting clay. We will learn how to press and form 2 lbs. of clay into a leaf print bowl. You will have the option to use the leftover clay to make smaller ornaments but there will be an additional cost to you. Space is limited. Cost 25.00 per person includes clay, demonstration, glazing and firing. You will need to bring \$10-12 for lunch following the class. Special thanks to Shelby County for helping support this program.

**Step Back into 1864....Civil War Dinner Theater Day Trip-near Chattanooga, Tn**

**Tuesday, September 13 from 6:15am-6:45pm** This is a family show that welcomes everyone interested in America's history. Based on actual events. The year is 1864. A die-hard Unionist brother runs into his Confederate sister. Both struggle to understand the other's view on saving the South. This theater has been featured on The History Channel, The Travel Channel, PBS, The Associated Press and The Los Angeles Times. You don't want to miss this fun trip! Space is limited. Cost is \$45 and includes, transportation, lunch and a fabulous show.

**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](mailto:awalters@cityofalabaster.com)