

September 2016 Newsletter

The Senior Center will be closed on **Monday, September 5 for Labor Day!**

Drumming is back!!!! Join us on September 6 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.

Paper Craft Class- Monday, September 12 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.

Ice Cream Social with New Beacon Hospice- Weds, September 21 at 12pm. Everyone is welcome- please call and let us know you plan to come.

Upcoming Book Club

Join us on for our next class on **Monday, September 26 at 9:30am.** We will meet every 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

Blood Pressure Checks- Tuesday, September 27 at 9am. Alabaster Fire Department will be at the center checking blood pressure and blood sugar.

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.

Wednesday from 1:00-2:00pm- Zumba Gold Relatively high intensity, low-impact fitness class featuring Latin and World rhythms and the same party favor as regular Zumba. A great cardio workout that is fun! 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