

## **December 2016 Newsletter**

### **Senior Center will be closed on December 22- Jan 2, 2017.**

#### **Art is 4 Every 1 - Acrylic Painting Class (3 week class) 12-2pm Fridays, January 13th, 20th, 27<sup>th</sup>. 2017**

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. You choose the photo (bring several to choose from) you would like to paint and bring it to class. Great resources are calendars, Google images, your own photos, etc. Print these at 8.5x11. Limit your photos to landscapes, sunsets, sunrises, mountains, lakes, beaches, flowers, etc. (Please don't choose photos of people or animals).

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. Need to plan to attend all 3 classes. Need to purchase your own supplies– see supply list. Cost is \$20/person

### **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 are interested in volunteering as a substitute meals on wheels driver please contact Mary at 205-663-1307.