

March 2017 Newsletter

Mark Your Calendars: Fall trip to The Ark Encounter and Louisville, Kentucky- 4 day/ 3 Nights- September 25-28, 2017. You can begin signing up for the trip on Friday, February 3, 2017.

We will be traveling on a motor coach to the beautiful Blue Grass State! We will experience the Ark Encounter- features a full size Noah's Ark, built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide and 51 feet high, it features three decks filled with scores of world-class exhibit bays that allow you to experience what life on the ark may have been like. Learn how Noah could have cared for all of the animals and how the Ark was big enough to fit them all on board.

We will also visit the Kentucky Derby Museum-, experience a guided tour of Churchill Downs Racetrack. You will have a chance to view the racetrack finish line, the Winner's Circle and the iconic Twin spires.

You don't have to be a baseball fan to be excited that we will visit the Louisville Slugger Museum and Factory- experience history-in-the making as you stroll through the actually factory where world-famous Louisville Slugger bats are created. You will even receive a miniature souvenir bat at the end of the tour.

Cost of the trip: Double occupancy \$499/person and single occupancy \$605/person. You must pay a \$100 deposit in order to reserve your spot. **We already have ½ the seats reserved!**

AARP- Smart Driver Class- Tuesday, March 7 - 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.

Paper Craft Class- Monday, March 13 from 12am-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 your 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.

NEW EVENING CLASS- Fermented Foods- the Gut Brain Connection- Monday, March 20 from 6-7:30pm.

There is so much documentation connecting the health of our Gut to our overall health. We will be learning what this connection is and how to make our own fermented foods to improve our gut health and learn what can be fermented. This is a hands on class. You will be going home with your own fermented food. Cost is \$12/person. Stop by the senior center to sign up or for evening class or you can mail your payment in for evening class but must be received 5 working

days prior to class. Space is limited.

Introductory Genealogy Class- March 21 from 12:00-12:30pm

How to begin searching for your family genealogy, what tools you can use and how the internet help. Stop by or call to sign up for this class.

Day trip to IKEA in Atlanta- Wednesday, March 29 6:15am-6pm.

We will travel to Atlanta to spend the day shopping at IKEA. You will eat lunch at the café at IKEA. Bring \$8-10 for lunch. Note there is a good bit of walking on this trip. We will be traveling on one of our city buses. Cost is \$12 to reserve your spot.

Upcoming Book Club

Join us on for our next class on **Monday, March 27 at 9:30am.** We will be meeting the 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

Technology Class

Tuesday, March 28 9:30-11am

Come learn more about how to safely use and navigate today's technology- secure passwords, online shopping, scams, how to use different apps, drop box and more. You do not need your computer- this is an informational class and very interactive.

Group Fitness Classes Offered at the Alabaster Senior Center

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 with health tips given on steps you can take to healthier living. Space is limited. \$2/class.

Wednesday from 1:00-2:00pm- Zumba Gold... Gold is Bold!!!

Want a boost into the New Year??? Have fun!! Feel the Music!! Gain **Strength... Balance... Agility... and Cardio Fitness!!!** Six weeks, January 4 through February 8. We'll start with a breakdown of all the steps to get you ready to feel the music. The strength training, balance and agility begin from the first movement! Learn the moves and then we'll Party!!! \$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!

Do you worry about falling? Losing strength? Feeling off balance? Coordination? Memory? We address all of these things in Tempo! while enjoying moving to music from every era! Join us to get cardio conditioning, strength training, flexibility, balance and stretch. Work on your body and recall its best use! \$2/class.