

May 2017 Newsletter

ONLY A FEW SPOTS LEFT- this is the last month we will be signing up before we close out the trip~!

Fall trip to The Ark Encounter and Louisville, Kentucky- 4 day/ 3 Nights- September 25-28, 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 actual 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.

Bingo and Shopping at the Leeds Outlets- Tuesday, May 9

We will enjoy bingo and spend time shopping at the Grand River Outlets in Leeds. Cost is \$1 to reserve your spot and space is limited. Bring \$10-12 for lunch.

Fun with Pinterest - Mon, May 15 from 2:00-3:30pm

We will be making beautiful faux Pandora bracelet from rolled paper. Cost is \$12/person. All supplies are included. Space is limited.

Jewelry By Hand – Friday, May 19 from 12:00-2:00pm

In this class, we will create jewelry using no tools, only our hands. Designed specifically for those who have difficulty grasping and using small jewelry tools. If you love making jewelry or would like to learn how but need a gentler approach, this is the class for you. All supplies are included- bring your glasses. Space is limited. Cost is \$12/person.

EVENING CLASS- Monday, May 22 from 6-7:30pm.

How to make your own "green" chemical free household cleaners

Chemicals are used all around us in our everyday lives. You have a choice in what you use in your home. We will be learning not only how to make household cleaners that work but also how to save a ton of money making these "green" cleaners compared to the name brand cancer causing "stuff" we buy in the stores. You will go home with your own arsenal of cleaners and recipes to get you started on the road to clean and "green". 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.

Group Fitness Classes Offered at the Alabaster Senior Center

Mondays from 1-2pm – Head to Toe Fitness

Join this class for fitness and fun! Improve your cardiovascular and muscular endurance along with balance, flexibility and range of motion to assist with daily activities. A winning combination of low-impact aerobics mixed with strengthening exercises using hand-held weights, resistance tubing, balls, etc. All fitness levels welcome! 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 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.