

January 2017 Newsletter

Senior Center hours have been extended. We are now open Monday-Friday 8:00am-3:30pm. Membership: open to anyone age 55 and older living in Shelby County.

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 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 \$609/person. You must pay a \$100 deposit in order to reserve your spot. **Sign-ups begin Friday, February 3, 2017.**

Birmingham Art Museum – Friday, January 6

We will take a one-hour guided walking tour of the Birmingham Art Museum. We will enjoy lunch at Oscar's located at the Museum. Cost is \$1 to reserve your spot and space is limited. Bring \$12-15 for lunch.

Creative Lettering- (4 months / 1 class / month) Mon, Jan 9, Feb 13, March 13 and April 10 from 9:30am-11am. We will be creating a year-long lettering art journal, no experience necessary just a willingness to learn. We will be learning how to hand letter with a new alphabet every month. We will also learn new techniques with mixed media, art journaling, painting, doodling and design. Some supplies will be provided but you will need to bring pencil, gum eraser, and watercolor paint set. Cost is \$20 for 4 classes.

Paper Craft Class- Monday, January 9 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

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 11-3pm. Cost: \$5/class.

Upcoming Jewelry class- Friday, February 10, 2017 from 12:30-2pm

Button Up Spring with a cute button bracelet. We will use buttons, jump rings, colorful paper, honeybee charms and “vintage” focal pints to create a spring look. Hand tools will be used in both hands at the same time. Bring glasses, if needed. Bring your own tools if you would like. Flat nose pliers will be used. All materials and supplies are provided. Cost is \$15/person and space is limited. Sign-ups begin January 3.

Book Club

Join us on for our next class on **Monday, January 23 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.

NEW Healthy Living Class- Tuesday, Feb 7, 14, 21, 28 from 2:30-3:45pm. (4 week class)

We will learn ways to make our lives healthy on a daily basis. This will be a hands-on and book work class. Cost is \$35/per person. All supplies are included. Space is limited. Sign-ups will begin January 3, 2017.

NEW EVENING CLASS- Staying Healthy with Herbs- Monday, Feb 20 from 6-7:30pm.

Do you want to try and stay healthy this winter? This class will focus on using herbs to create different kinds of herbal products to help us stay healthy during the cold and flu season. You will make and take home your own herbal remedies. Cost is \$8/person. **Sign-ups begin Jan 23.** 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

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.

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.