

## **July 2017 Newsletter Senior Center**

### **Art is 4 Every1 (3 week class) Fri, July 7, 14, 21 from 12-3pm**

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 students. Students will learn to use primary colors to mix any color they need for their painting. 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 adjustment. You will need to purchase your own supplies. Supply list will be provided.

#### Two options in choosing the picture for your painting:

1. Chose from a large selection of photos the instructor has with her
2. Chose a photo you would like to paint and bring it to class. **Photos MUST be printed at 8 X 11.** Limit your photos to landscapes, sunsets, sunrises, mountains, lakes and flowers. Please do not choose photos of people or animals.

Space is limited. Sign up today. Cost is \$20 to reserve your spot. Supply list will be provided.

### **Gardening with Betty- Tuesday, July 25 from 9:30-11am**

We will be making garden art hands with concrete (not stepping stones). Bring bling if you want to add to your concrete. Space is limited. Sign up today. Cost is \$10/person and includes all your supplies.

## **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 1:15-2:30pm- 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.

**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 2:15-3:30pm- 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