

August Newsletter

Spring 2018 trip - Jacksonville, St Augustine and Amelia Island- 5 day/ 4 Nights

March 5-9, 2018

Your 4 night / 5 Day Package Includes:

4 Nights lodging in the Jacksonville area

4 Hot breakfast buffets at your hotel and 4 Wonderful dinners

* Illumination “evening boat ride” on St John’s River- Jacksonville

* Guided tour of the charming city of St Augustine, FL- “The Oldest City in the US”

* Admission to Fountain of Youth in St Augustine

* Shopping, browsing ,sightseeing on St. George Street and lunch on your own

* Guided tour of Amelia Island

* Admission to Cummer Gardens

* Anheuser-Bush Budweiser tour

* Special stop at Sweet Pete’s Candy Store

* Deluxe Motor Coach Transportation

* Standard taxes and meal gratuities

*** NOTE: THERE IS A LOT OF WALKING ON THIS TRIP**

Cost of the trip: Double occupancy \$495/person and single occupancy \$660/person. You must pay a \$100 deposit in order to reserve your spot. Spaces will fill up fast.

Tuesday, August 29 at 12pm -Bingo with Benchmark Physical Therapy.

NEW- Game day on the 1st Tuesday of each month beginning on September 5 from 12-3pm. Bring your own game or cards or borrow one of ours and come have fun playing and meeting new friends.

Tuesday, September 5 from 10am-11am with Southern Heritage- We will be addressing concerns and show you how easy it is to start planning your funeral and cemetery pre- arrangements. This will be a relaxed and informal environment. Call or stop by to reserve your spot.

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 12:30-2:00pm 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.

Thursdays 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

Fridays from 9:30-10:20am -Movin'N Groovin

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.