

## **September Newsletter**

### **Christmas Overnight Trip-Callaway Gardens and Wild Safari Animal Park December 5-6, 2017**

This will be a great Christmas trip! We will be traveling on a 35 passenger bus and will be staying at the beautiful, newly renovated Callaway Lodge and Spa. This trip will include – one nights lodging, admission to Callaway Gardens, the amazing Fantasy in Lights and admission to the Christmas Village. We will have a step-on-guide to share the history of Callaway Gardens. You will tour the gardens, butterfly conservatory, Chapel and more on the grounds.

If you haven't experienced the Wild Safari Animal Park you are in for a fun treat. We will load a bus for a 3.5 mile adventure where we can see and feed the animals up close. Space is limited.

Cost: \$180/persons – triple occupancy

\$205/person – double occupancy

\$285/person – single occupancy

Sign-ups begin on September 5. Space is limited.

**Friday, September 1 from 12-1:30pm- Technology Class-** join us and learn more about how to navigate and protect your Facebook accounts. Stop by and sign up today.

**Tuesday, September 5 from 10am-11am** with Southern Heritage- They 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.

**NEW- Game day on the 1<sup>st</sup> 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.

**Through the Back Door: The Music That Bridged the Bayou** - Delores Hydock will be entertaining us on Tuesday, September 12 at 9:45pm. Stop by and reserve your spot- space is limited!

### **Upcoming Book Club**

Join us on for our next class on **Monday, September 18 at 9:30am.** We will be meeting the 3<sup>rd</sup> Monday to discuss the book and introduce a new book. Sign up at the senior center.

## **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.

### **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.

### **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

### **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.

Looking for new Fitness Instructor:

We are looking for a certified group fitness instructor that loves teaching seniors to teach on Fridays at 9:30am. If you are interested, please contact Alicia at 663-1307.