

## **October Newsletter**

### **AARP Smart Driving Course-** Wednesday, Oct 11 from 9am-3:30pm.

The AARP driving program is available for individuals age 50 years and older. This is a 6 hour classroom refresher that can help you learn the effects of aging on your driving and how you can adjust your driving. Some insurance companies offer a discount to those that have completed the course. Cost is \$15 for AARP members or \$20 for AARP non-members. Sign up at the Senior Center to reserve your spot and pay the day of the class. Be sure to bring your lunch on the day of the class.

**Seasoned Performers will perform “Galleria Girls”** on Tuesday, October 17 at 10am. If you are interested in attending, please stop by and reserve your spot.

### **Free Medicare Open Enrollment Informational Session-** Wednesday, October 18 at 12pm.

You will have the opportunity to learn more about your Medicare options and information concerning prescriptions and premium cost assistance programs. FREE Medicare plan comparisons will be done that day. You will need to bring your Medicare Card, list of prescriptions medication and your total monthly gross income. Space is limited. Stop by the senior center and reserve your spot today. See Betty for more information.

### **Upcoming Book Club**

Join us on for our next class on **Monday, October 23 at 9:30am**. We will be meeting on the 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

### **Mark Your Calendars- Sunday, December 17**

Join us for the play Christmas Belles at the South City Theater. **Christmas Belles** -a church Christmas program spins hilariously out of control in this Southern farce about squabbling sisters, family secrets and a surly Santa, a vengeful sheep and a reluctant Elvis impersonator. You won't want to miss the fun show! Tickets are \$14. Signs up begin on October 2

## **Group Fitness Classes Offered at the Alabaster Senior Center**

### **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.

### **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.

