

## **November Newsletter**

**Senior Center will be closed on Friday, November 10 for Veterans Day and Thursday, November 23 and Friday, November 24 for Thanksgiving.**

**Monday, November 13 at 10am-** Our Timeless Treasure singers will be performing at the Senior Center Come join us as we celebrate Veterans Day!

**Wednesday, November 15 from 12:00-1:30pm- Technology Class with Patrick.** This class will focus on understanding Facebook and social media – Part 2 and how to protect your Facebook account. Stop by and sign up today to reserve your spot.

**Monday, November 27 at 9:30am - Book Club -** We will meet on the 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

**Tuesday, November 28- Karaoke and entertainment with Pat at 10am.** Come and join the fun! Stop by and sign up today to reserve your spot.

**Annual Senior Christmas Dance- Friday, December 8 from 5:30-8:30pm at Thompson Middle School cafeteria.** Dinner, live music, door prizes and lots of fun. Stop by and purchase your \$5 ticket. You MUST have a ticket to enter. Space is limited!

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

#### **NEW Monday from 1-2:00pm- Tai Chi for Joint and Balance**

This class will focus on improving one's balance, flexibility, muscular strength, mobility, help to decrease pain and prevent falls. 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.

**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. Space is limited. \$2/class.

Looking for a Fitness Instructor for Movin'N Groovin Class:

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.