

February 2018 Newsletter

Fabulous Fiber Beads (2 day jewelry class) Fri, Feb 2 from 12:00-1:30pm and Mon, Feb 5 from 10-11:00am (must attend both classes)

Using various wire, fiber and beads we will be making as many fiber beads as possible during class on Feb 2. On the 5th you will use a variety of spacers, beads and findings to make a jewelry piece (s) to wear about town. No tools will be used. We WILL be bending wire and tying small knots with our hands. Hand strength and glasses (if needed) will be necessary for this class. If you have jewelry tools please bring them to this class. \$12 to reserve your spot. All supplies are included. Space is limited.

Healthy New U- Mondays Feb 5, 12, 19, 26 from 2:00-3:00pm
(4 week class– please plan to attend all 4 classes)

This is a 4 week commitment on Mondays after Tai Chi. We will be learning how to reset our sleeping patterns and how and why we eat what we do and how to change our mindset on food. This is a commitment, you need to want to reset your body to be healthier \$25.00 to reserve your spot. Space is limited.

Tuesday, February 6 at 10am Blood Pressure Checks with Southern Care Hospice.

Friday, February 16 at 12pm

James and James will be here to entertain us. Sign up today to reserve your spot!

Book Club - Monday, February 26 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.

Group Fitness classes offered at the Alabaster Senior Center

Mondays from 1-2pm - Tai Chi- Joint and Balance

This exercise 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. All levels are welcome. Space is limited. \$2/class.