

## **March 2018 Newsletter**

Thankyou Jim N Nicks for tea and cheese biscuits every 2<sup>nd</sup> Friday. Join us on **March 9 at 9:15am.**

**Tuesday, March 6 at 10:15am-** join us for entertainment (singing) with Earl. No charge for this event but stop by and sign up to reserve your spot.

**Friday, March 16 at 12pm.** St Patrick's Day bingo- sponsored by River Highlands.

### **March Creative Craft- March 19 9-11am**

No experience necessary, we will be putting patina on a clay pot and then decorating the inside of the pot for spring with dried florals and decorations. \$6.00 to reserve spot.

### **Tues, Mar 20 Gardening with Betty 9:30-11:00am**

You will be fruiting your own mushroom log and learning about the benefits of mushrooms. We are proving the mushroom plugs and log to complete the project. \$15.00 to reserve your spot.

### **Wed, March 21at 12pm**

Brookwood Baptist will be here to speak with us on "Understanding Dementia". Everyone is welcome.

### **Book Club - Monday, March 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.