

April 2018 Newsletter

Tuesday, April 3 Blood Pressure Checks with Southern Care Hospice at 10am

Monday, April 9 Spring Pilgrimage in Columbus, MS- from 6:00am-4:00pm

We will tour 3 beautiful homes at the 78th Annual Spring Pilgrimage in Columbus, MS. This award-winning event is widely recognized as one of the best and most authentic home tours in the South. We will enjoy lunch at a local restaurant. **NOTE:** There is walking on this trip and there are stairs to enter the homes. Bring \$10-12 for lunch. Space is limited. Cost is \$35/person.

Mon. April 16 Creative Craft from 9:00am-11:00am

No experience necessary, we will be making clay pot citronella candles for your outdoor areas to enjoy being bug free this year. Space is limited. Cost \$7.00/person.

Tues, April 17 Gardening Outing from 6:15am-4:00pm

We will first make a quick stop for breakfast. We will then visit the Huntsville Botanical Gardens during their Spring Plant Sale. We will shop at the plant sale and then you will have time to walk through the gardens. **NOTE: there is A LOT of walking.** We will be eating lunch at the gardens. Admission, transportation and lunch included in the prices. Bring money for plant sale. Space is limited. Cost is \$22.00/person.

Wednesday, April 18 at 12pm

Entertainment with "Seasoned"- Barbara and Frank Armstrong. No charge but please stop by and reserve your spot.

Fri, April 20 Alabama Symphony from 9:30-2:30pm

We will enjoy light refreshments prior to the Symphony and then enjoy lunch at Chow Town in Hoover. Bring \$10-12 for lunch. Space is limited. Cost is \$1.00/person.

Thursday, April 26 Shelby county Senior Picnic from 8:30am-1:00pm

Come join us for a fabulous time at the Shelby County Exhibition Center in Columbiana. There will be lots of seniors, lunch will be served and wonderful musical entertainment. Stop by and sign up to reserve your spot. Wear your red Alabaster Senior t-shirt!

Note: The Senior Center will be closed on April 26 – we will be at the picnic.

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.