

## **May 2018 Newsletter**

### **Thurs. May 3 National Infantry Museum in Columbus Ga** from 6am-5:30pm

The National Infantry Museum is one of the nation's leading military history destinations. We will have a 75-minute guided tour of the museum and we will watch a 45 minute documentary film. You will have free time to walk around the museum. We will eat lunch at the Fife and Drum Restaurant on site. Bring \$10-15 for lunch. **There is a lot of walking on this tour.** Cost: \$20 to reserve your spot.

**May 9 Health and Wellness Celebration** from 10:00-11:15am. Come celebrate with us. We will have vendors, education info, door prizes and lots of fun.

### **Friday, May 11 Drop Pendant Necklace** 12-2pm

Create an eclectic pendant by stacking semiprecious gemstones and wrapping with ribbon and wire and assorted accent beads. Tools are provided. \$18.00 to reserve spot. All supplies are included.

### **Tuesday, May 22 Creative Craft** from 9-11am

No experience necessary, we will be decorating summer birdhouses, these are for decoration only. \$8.00 to reserve your spot. All supplies are included.

### **Sunday, June 10 Operetta Spectacular** from 1pm-5:15pm

Beautiful, memorable songs and production numbers from the deeply romantic to the wildly humorous— all from two centuries worth of wonderful light operas.

Cost is \$22 to reserve your spot. (includes; transportation and admission to the performance)

### **Thursday, July 12 Annie Play at Shakespeare Festival** from 10am -6:30pm

We will travel to Montgomery and eat lunch at Fried Tomato Buffet and then enjoy the play/musical of "Annie" at the Shakespeare Festival in Montgomery. This outing will be a combined outing with our Therapeutic Recreation programs for individuals with disabilities.

Cost is \$40/person. (includes; transportation and admission to the performance) Bring \$10-12 for lunch.

## **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.