

June 2018 Newsletter

Jim n Nicks biscuits on Friday, June 8 at 9:15am. Thank you for your partnership!

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)

Technology Class with Patrick – Friday, June 22 at 12pm. No charge – stop by and sign up today!

Rook Tournament- all rook players that are interested in playing in our mini tournament on Thursday, June 28- 9am til 2pm- come by and sign up and pay \$3.00. We will have fun playing Rook and enjoy pizza 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 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.