

July/August 2018 Newsletter

Senior Center will be closed on Wednesday, July 4th- Happy 4th of July!

NEW Wednesday from 1:00-2:00pm Arthritis & More

This 1-hour class will be led by Betty Elder and is designed for those seeking to improve or maintain their mobility, muscle strength and functional ability. This class will include a variety of exercises working from head to toe while sitting and standing. \$2.00/class

Check out our **Senior Spotlight** – Wednesday, July 18 and Wednesday, August 29 at 12pm.

Once a month we will be featuring one of our own seniors. They will have a chance to share childhood stories, history, job experiences and much more. Come join us!

Book Club - Monday, July 23 and August 27 at 9:30am

July 23 Last Runaway by Tracy chevalier

Aug 27 Death Comes For The Archbishop by Willa Cather

Grandparents Day- Ooey, Gooley Fun!You and Your Grandchildren- Monday, July 30 from 9:30-12pm.

We are inviting our seniors and their grandchildren or great grandchildren (ages 4-12) to come have a morning full of fun! You will enjoy creating and experimenting with lots of ooey, gooey colorful crafts and projects. We will make rainbow slime, elephant toothpaste, tie-dye shirts and much more. We will enjoy pizza for lunch. Space is limited. Cost is \$8 for child and \$5/senior. Space is limited.

NEW Overnight Christmas Trip- Dec 4-5 to Bellgrath Gardens

We will travel on our 36-passenger bus to enjoy the amazing Christmas Lights at Bellgrath Gardens in Mobile, AL. We will also have fun experiencing the Mobile Duck Tour (see the sights from land and sea) and we will visit the Mardi Gras Museum. Cost is \$155/person for double occupancy and \$205/person for single occupancy. **SIGN UPS BEGIN ON MONDAY, AUGUST 6.** A \$75 deposit per person must be paid to reserve your spot. Spaces are limited. For more information please stop by 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.

Wednesday from 1:00-2:00pm Arthritis & More

This 1-hour class will be led by Betty Elder and is designed for those seeking to improve or maintain their mobility, muscle strength and functional ability. This class will include a variety of exercises working from head to toe while sitting and standing. 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' & 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. Space is limited. \$2/class.