

September 2018 Newsletter

Senior Center will be closed on Monday, September 3!

Want to play Cornhole? We will begin playing Cornhole every Tuesday in September at 9:30am. Come join us and have some fun!

Community Give Backers – Tuesday, September 4 at 12pm

Come learn more about what they do and who they help. We will be collecting **NEW** socks to donate to them so they can help others. We will be collecting socks September 4- September 21.

Cards and Pot Luck- Thursday, September 6 from 3pm-7:30pm

We will begin playing cards/games at 3pm, enjoy a pot luck dinner and play more cards/games. Please stop by and sign up to attend and what you would like to bring.

Identity Theft- Friday, September 7 at 12pm

Come join us as we learn more about Identity Theft: understand what identity theft is, different ways to protect your information, how to detect suspicious activity and what steps to take as soon as you suspect identity theft. No charge for this program. Stop by and sign up today.

Senior Appreciation with Mayor Handlon- Friday, September 21 at 12pm.

Join us for light refreshments and a word from our Mayor. Stop by and reserve your spot.

Flu Shots with Brooklere Pharmacy- Tuesday, September 25 from 10-11am

If you do not want to go to the doctor to get your flu shot – stop by and see us on September 25. Bring your insurance card. More info to come.

Group Fitness classes offered at the Alabaster Senior Center

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 class 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

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.