

Senior Center Newsletter

October 2018

NEW 4 nights/5 Days- Springtime in Little Rock, Roland and Hot Springs, Arkansas

4 nights lodging in Little Rock area

4 hot breakfast buffets, 1 lunch and 3 dinners

Tour and dinner at Chris Olsen's Edgemont Home & Garden

P. Allen Smith's Moss Mountain Farm-farm-to-table lunch and tour

Guided tours of downtown Little Rock and downtown Hot Springs

Tour the "Old Mill", Presidential library tour, Heifer Village tour, Gangster Museum tour and more.....

Cost is \$525/person for double occupancy and \$699/person for single occupancy.

Stop by the senior center for more details. We will be traveling on a motor coach bus. Space is limited, and **sign-ups begin on Oct 15. \$100 deposit to hold your spot.**

Tues, Oct 2 Walking History Tour of Birmingham 4:30-9:30pm

We will eat dinner at Pizitz Food Hall and then take a guided walking tour and learn of the history/haunted stories about Birmingham. **This tour is a 90 minute slow outdoor walking tour.** Please wear comfortable shoes. Bring \$12-15 for dinner. **Cost is \$15 to reserve your spot.**

Tues, Oct 16 Gardening with Betty- 9:30-11:30am

All Things Pumpkin, we will be putting together pumpkin recipes and making things with pumpkins but also talking about why this "fruit" and seeds are important nutritionally. **Cost is \$12 to reserve your spot and all supplies included.**

Thurs, Oct 18Ava Maria Grotto- 8am-3:45pm

We will be traveling to Cullman for a guided tour of Ave Maria Grotto and then eating lunch at Mae's Food Hall. Bring money for lunch. **NOTE: There is a lot of walking on this guided tour.** **Cost is \$8.00 to reserve your spot.**

Mon, Oct 29 Day trip to Laurel, Mississippi- 6am-6:15pm

Laurel, MS is home of HGTV Home Town Show– We will first visit Landrum’s Homestead & Village where we will travel back to the late 1800s through exhibits depicting the life and daily activities of our ancestors. Their mission is to increase the desire to learn, develop a sense of wonder, and intensify the appreciation for heritage. We will then have free time to shop and walk around downtown Laurel, MS. Lunch is on your own. **Note: there is a lot of walking on this trip. Cost is \$15 to reserve your spot.**

IMPORTANT- Sign- up day for November programs and outings will be on Thursday, October 4. Doors open at 8am.

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.