

Senior Center Newsletter

November 2018

Senior Center will be closed on Monday, November 12 and Thursday, November 22 and Friday, November 23.

November 6 – 10:00am Blood Pressure Checks with Southern Care Hospice

November 9 – 9:15am Biscuits and tea with Jim N Nicks

November 13- 9:15am Goodies with Shelby Rehab Select

November 19- 12:00pm Bingo with Southern Care/New Beacon Hospice

November 20- 9:15am Movie Madness – *The Greatest Showman*

November 26- 12:00pm Penny Auction with Kindred at Home

November 27 -10:00am Shelby Strummers – Entertainment

November 27- 12:00pm Christmas Bingo with Southeast Network Hospice

November 28- 12:00pm Senior Spotlight

November 13 at 9:30am – M4A will be here to discuss any changes in Medicare and help seniors know more about what health insurance might work best to help meet their needs. At 9:30am there will be a group discussion and then you will be able to meet independently with a M4A SHIP representative. You must sign up for the one-on-one session.

The Annual Alabaster **Senior Christmas Dance** is Friday, December 7 from 5:30-8:30pm at Thompson Middle School Cafeteria. Don't miss a great evening of fun, food, dancing and connecting with friends. **Cost is \$5/person**. Includes: dinner, live entertainment, door prizes and more! Please stop by the Senior Center to purchase your tickets. Tickets will go on sale on October 16. Deadline is Monday, November 26, if seats still are still available.

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.**

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.