

## Senior Center Newsletter

January 2019

**Only a few spots left before we close out this trip!**

### **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.

### **Mon, Jan 7 & 14th (2 Day Class– need to attend both classes) One Stroke Painting from 10-11am**

We will be learning the basic techniques of Donna Dewberry's One Stroke Painting in these two classes. In these classes you will learn how to load your brushes correctly and highlight and shadow at the same time. You must have taken both classes to take the project classes in February and March, as they will build on each other. \$23.00 to reserve your spot. No experience necessary—come learn something new. Price includes set of 4 new One Stroke brushes.

### **Tues, Jan 8 Birding Class 10-11:30am**

Welcome to the first of several birding classes. This class will be the basic of Back Yard birding through the year. What birds should you be looking for in the winter, spring, summer and fall? What should you feed them in what kind of feeders? How can you help them stay healthy? We will be addressing these questions. You will be making your own suet to take home and much more. Space is limited. \$10.00 to reserve your spot.

**Mon, Jan 14 Paper Crafting class 12:30-3pm**

Join us and learn a variety of techniques in card making. Need to bring sharp paper cutting scissors, Scotch double sided tape, colored pencils or water based markers. Space is limited. \$5.00 to reserve your spot.

**Thurs, Jan 17 Men's Pawn Shop Outing 8:45am-1:30pm**

CALLING ALL MEN– join us as we stop by various pawn shops. We will eat lunch in the community. Bring \$10-12 for lunch. Space is limited. \$1.00 to reserve your spot.

**Fri, Jan 18 Live Life Bracelet - jewelry 12-1:30pm**

Made with Mexican Red Snowflake Jasper, Tierra Cast findings and black leather. This is a beautiful bracelet with a "slip" closure over an antiqued pewter button. Easy to make, easy on the hands with just a few places to use a flat nose plier to squeeze a finding closed and a few knots to tie! All tools and supplies provided. Please bring glasses and a magnifier if needed. \$15.00 to reserve your spot.

**Sun, Feb 3 South City Theater 1:00pm-4:45pm *Play– Almost Maine***

This performance is a series of nice vignettes about love, with a touch of good natured magic realism, witty romance and surprise endings. Space is limited. \$15.00 to reserve 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.