

## **Senior Center Newsletter**

**February 2019**

### **AARP- Smart Driver Class- Tuesday, Feb 5 - 9am-3:30pm**

This is a 6 hour classroom refresher that can help the effects of aging on your driving and how you can adjust your driving. Cost is \$15.00/AARP member and \$20.00/AARP nonmember. Bring your own lunch. Make checks payable to AARP. You will need to stop by the Senior Center and reserve your spot. Space is limited.

### **Mon, Feb 11 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.

### **Tues, Feb 12 Basic “How To” Class 12-1pm**

This will be a basic “How to” class. This will be a discussion and hands-on class. Learn how to work an electric drill, how to check your breaker box and change fuses and what tools should I have in a basic tool box?

\$2.00 to reserve your spot.

### **Fri, Feb 15 Alabama Symphony Outing 9:30am-2:30pm**

We will enjoy light refreshments prior to the Symphony and then enjoy lunch at Chow Town in Hoover. Bring \$10-12 for lunch/ \$1.00 to reserve your spot. Space is limited.

### **Tues, Feb 19 Gardening Class 9:30-11am**

We are combining a gardening class and health class together, because they naturally go together. We will be learning hands on the different ways to grow sprouts and seeds, their many health benefits, recipes, tips and tricks and why you would want to incorporate them into your life. \$12.00 to reserve your spot. Space is limited.

### **Tues, Feb 26 Birding Outing 12:45-3pm**

Did you know we have our very own birding site her in Alabaster? We will be outside so wear warm layers and shoes/boots depending on the weather and come on out to see what birds can be spotted at this time of year. We will talk about birding and how to get involved in birding as a hobby. **You do not need to have attended the January**

**birding class to attend this class.** \$1.00 to reserve your spot. Space is limited.

### **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.