

Senior Center Newsletter

March 2019

March 5 at 10am Celebrating Fat Tuesday and Mardi Gras

March 8 9:15am Biscuits and Tea with Jim N Nicks and at 12pm Bingo with Oasis Hospice.

March 12 at 9:15am Goodies with Shelby Rehab Select

March 13 at 10am Blood Pressure Checks with Southern Care Hospice

March 15 at 12-1:30pm Technology Class with Patrick

March 25 at 12pm Penny Auction with Kindred at Home

March 26 at 12pm Fun with Southeast Hospice

March 27 at 12pm Senior Spotlight

NEW TRIP- 3 Night / 4 Day Fall trip to Pigeon Forge/Gatlinburg. Oct 7-10, 2019

Don't miss this amazing fall trip to the Smokey Mountain of Tennessee. Trip will include: 3 nights lodging in Pigeon Forge, Hatfield & McCoy Dinner Show, Smokey Mountain Opry Show, Titanic Museum and an Exclusive private dinner on the Titanic's 3rd deck "Secret Dining Room"., a visit to the Old Mill, step-on guide tour, four hours of free time in downtown Gatlinburg! All dinners are included but lunches are on your own! Space is limited. **Note: there is a lot of walking on this trip.** Cost \$395/person for double occupancy or \$535 single occupancy. Sign-ups will begin on Tuesday, April 2, 2019.

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.