

## **Senior Center Newsletter**

### **July and August 2019**

The Alabaster Senior Center, which is operated by the Alabaster Parks and Recreation Department, offers a variety of programs and services for individuals 55 years of age and older who live in Shelby County.

**July 2** Lunch Bunch – Mile End Restaurant – *check availability*

**July 3-** 9am – 2pm Come play cards with us – Rook, Rumikub and more

**July 4 & 5- Senior Center Closed – Happy 4<sup>th</sup> of July**

**July 8** – 12pm Bingo with Interim Healthcare

**July 8** – 12:30-3pm Papercraft Class – *check availability*

**July 10** – 10am Blood Pressure Checks with Southern Care Hospice

**July 11-** Creative Craft Class – *check availability*

**July 12-** 12pm Bingo with Southern Care New Beacon Hospice

**July 16-** Peach Park Lunch outing- *check availability*

**July 19-** 9:15am Jim N Nick's biscuits and tea

**July 22-** 9:30am Book Club

**July 22-** 12pm Penny Auction with Kindred at Home

**July 23** – Gardening Class- Natural Scents – *check availability*

**July 23-** 9:15am Movie Madness- I Can Only Imagine

**July 23** – 12pm Bingo with Southeast Hospice Network

***Come by the Senior Center to see what is happening in August!***

### **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.

