

Senior Center Newsletter

September 2019

Sept 3 Sign up for programs and classes in October

Sept 10 Technology Class with Patrick at 9:30am

Sept 10 Fleecing the Flock at 9:30am

Sept 11- Blood Pressure Checks with Southern Care Hospice at 10am

Sept 13 Jim N Nick's biscuits and tea at 9:15am

Sept 13 Bingo with Wynnter Springs Home Care 12pm

Sept 20 Senior/Senior Center Appreciation 8:30am-9:30am. Stop by and enjoy a donut with us!

Sept 20 Bingo with Southern Care Hospice at 12pm

Sept 24 Bingo with Southeast Hospice Network at 12pm

Sept 30 Book Club at 9:30am

Sept 30 Penny Auction with Kindred at Home at 12pm

Check out our **NEW Zumba Gold** class- every Thursday 12:30-1:30pm

Space is limited. \$2/class

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 12:30-1:30pm Zumba Gold

This class builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. **Zumba Gold** is designed to be approachable by all populations, regardless of fitness level. 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.