

Senior Center News January 2020

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. The Senior Center is located at 1097 – 7th Street S.W., Alabaster. Hours of operation are Monday thru Friday from 8:00 am until 3:30 pm.

If you would like more information concerning Senior programs, please contact the Alabaster Senior Center at 205-663-1307 or belder@cityofalabaster.com.

Activities offered at the Alabaster Senior Center in January:

- January 1st- Senior Center Closed for New Years
- January 2nd- 8:10 Sign Ups for February
- January 8th - 10:00 am Blood Pressure Checks with Southern Clanton/Suncrest
- January 10th- 9:15 am Jim N Nicks
- January 14th- 9:30 am Movie Madness (A Dog's Journey)
- January 20th - Senior Center Closed for Martin Luther King Holiday
- January 29th-11:45 am Senior Spotlight with Stacy Payton (Senior Center Manager)

Group Fitness Classes offered at the Alabaster Senior Center:

Tuesdays from 1:15 pm-2:30 pm – 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. Mats are provided. Space is limited. \$2.00/class.

Wednesdays from 9:00am-9:30am (30 min) and 2:15pm-2:45pm (30 min)- Facial Yoga (NEW)

As you age your facial muscles lose their memory. We will be working on facial exercise, massage, acupressure, relaxation and well being. It is never too late to smooth and tone your supporting facial muscles. We will be focusing on all areas of the face including forehead, eyes, cheeks, mouth, jaw and neck. \$1.00/class

Wednesdays from 9:30 am-10:30 am – 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. \$2.00/class.

Wednesdays from 1:00 pm-2:00 pm – 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.

Thursdays from 9:15 am-10:05 – 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. \$2.00/class.

Thursdays from 10:10 am-11:00 am – Beginner Class 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. \$2.00/class.

Thursdays from 2:15 pm-3:30 pm – 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. Mats are provided. Space is limited. \$2.00/class.

Thursdays from 12:30 pm-1:20 pm (50 min) – Zumba Gold

The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong!
\$2.00/class

Fridays from 9:30 am-10:20 am (50 min) - 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. \$2.00/class.