

## **Senior Center News June 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 – 7<sup>th</sup> 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](mailto:belder@cityofalabaster.com).

**Due to the Pandemic, the Senior Center remains closed; however, that is subject to change as State restrictions change.**

### **Online Activities offered through the Alabaster Senior Center during June:**

- June 2<sup>nd</sup>; 9<sup>th</sup>; 16<sup>th</sup>; 23<sup>th</sup>; 30<sup>th</sup> Online Seated Arthritis Exercise @10:30 and Standing @12:30
- June 5<sup>th</sup>; 12<sup>th</sup>; 19<sup>th</sup>; 26<sup>th</sup> Online Seated Arthritis Exercise @10:30 and Standing @12:30
- June 22<sup>nd</sup> Online Book Club