

Senior Center News September 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.

**Due to the Pandemic, the Senior Center remains closed; however, that is subject to change as State restrictions change.
Please check our Facebook page for updates.**

ALL Arthritis Classes and the Book Club are by Zoom invitation. Seniors can call the Senior Center to be added to the email invitation.

Sept 2nd Arthritis Seated (10:30) / Standing (12:30)

Sept 4th Arthritis Seated (10:30) / Standing (12:30)

Sept 9th Arthritis Seated (10:30) / Standing (12:30)

Sept 11th Jim N Nicks Biscuits and Tea 9:30am **(drive thru at Senior Center – no sign up necessary, just come visit)**

Sept 11th Arthritis Seated (10:30) / Standing (12:30)

Sept 16th Arthritis Seated (10:30) / Standing (12:30)

Sept 17th Talk Tech Live with Patrick 12:00pm **(on Facebook live page)**

Sept 18th Arthritis Seated (10:30) / Standing (12:30)

Sept 23rd Arthritis Seated (10:30) / Standing (12:30)

Sept 25th Arthritis Seated (10:30) / Standing (12:30)

Sept 28th Book Club 9:30am

Sept 30th Arthritis Seated (10:30) / Standing (12:30)

Wednesday from 10:30-11:30am -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. Must have Zoom on computer or phone.

Wednesday from 12:30-1:30pm -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.