

## Senior Center News October 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. Normal 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).

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**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.**

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

Oct. 2<sup>nd</sup> – Arthritis Seated (10:30) / Standing (12:30) – Zoom

Oct. 7<sup>th</sup> – No Arthritis class

Oct. 9<sup>th</sup> – No Arthritis class

Oct. 9<sup>th</sup> – Jim N Nicks Biscuits and Tea at 9:30am (**drive thru at Senior Center – no sign up necessary, just come visit**)

Oct. 14<sup>th</sup> – Arthritis Seated (10:30) – Outside and Zoom / Standing (12:30) – Zoom

Oct. 15<sup>th</sup> – Talk Tech Live with Patrick at 12:00 noon (**on Facebook live page**)

Oct. 16<sup>th</sup> – Arthritis Seated (10:30) / Standing (12:30) – Zoom

Oct. 21<sup>st</sup> – Arthritis Seated (10:30) – Outside and Zoom / Standing (12:30) – Zoom

Oct. 23<sup>rd</sup> – Arthritis Seated (10:30) / Standing (12:30) – Zoom

Oct. 25<sup>th</sup> – Book Club at 9:30am

Oct. 28<sup>th</sup> – Arthritis Seated (10:30) – Outside and Zoom / Standing (12:30) – Zoom

Oct. 30<sup>th</sup> – Arthritis Seated (10:30) / Standing (12:30) – Zoom

### **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.

- **Wednesdays from 10:30-11:20am – Arthritis Exercise Program – Outside and Zoom.**
  - **Seated class on Wednesdays are on Zoom and outside under the Pavilion at the Senior Center. Please call to save your seat if coming to class outside as there is limited seating.**
- **Fridays from 10:30-11:20am – Arthritis Exercise Program – Zoom.**

### **Arthritis Exercise & More Program:**

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. **Only on Zoom.**

- **Wednesdays and Fridays from 12:30-1:20pm – Arthritis & More – Zoom.**