

Senior Center News
November 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.

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 spayton@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.

Nov. 13 – Jim N Nicks Biscuits and Tea at 9:30 am
(drive-thru at the Senior Center – no sign up necessary)

Nov. 16 – Book Club at 9:30 am (Pavilion and 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.

- Wednesdays from 10:30-11:20 am – Arthritis Exercise Program – Outside and Zoom.

Seated class on Wednesdays is 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 10:30-11:20 am – Arthritis Exercise Program – Zoom Only

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.

- Wednesdays and Fridays from 12:30-1:20 pm – Zoom Only

Gentle Yoga:

- Mondays and Wednesdays at 1:00 pm- Outside and Zoom

Call the Senior Center to reserve your spot or for a zoom invite.

Movin n Groovin:

- Fridays at 10:00 am- Outside

Call the Senior Center to be reserve your spot.

Paint-A-Long with Darcy Walker (on Facebook)

Call the Senior Center to be added to her online class.

To join through Zoom, Seniors can call the Senior Center to sign up!