

Senior Center News March 2021

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. **Currently our building is not open to the public, but we do hold events outside while social distancing and wearing masks.**

***March 9th @ 10:30 am – Healthy U – \$20.00 on Zoom.** Call the Senior Center for more information. This is a hands-on class where we learn about how to be and stay healthy by making our own healthy products.

***March 12th @ 9:30 am – Jim N Nicks Biscuits and Tea.** Drive thru or, if the weather is nice, we will have table and chairs out for everyone to sit and visit.

***March 18th @ 12:00 pm – Tech Talk Live with Patrick.** Live on Facebook or join Patrick in person at the Senior Center. He will be giving us much needed information on the ever-changing world of tech. If you have any tech questions, call the Senior Center so we can make sure Patrick can address those questions.

Group Fitness Classes offered at the Alabaster Senior Center:

In the month of March, we will begin to hold classes outside (weather permitting) and on Zoom.

Please call the Senior Center to have your name added to our list if you are interested in taking any of the following exercise classes:

Mondays 1:00-2:00 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.

Wednesdays from 10:00-11:00 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.

Wednesdays from 11:05-11:30 am – Facial Yoga

As we age, our face tends to start sagging under the chin, eyes, and forehead along with the wrinkles that come with age. Facial Yoga helps tone and strengthen the muscles in your face, neck, and chest along with moving your lymph for better health. No equipment necessary, but an oil or lotion makes the movement of your hands across your face easier.

Wednesdays from 12:30-1:30 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.

Fridays from 10:00-11:00 am - Movin' & Groovin'

Focuses on stretching, cardio, light weights and having fun! All taught to music! Learn safe ways to improve muscles to make everyday activities easier. Emphasis is on improving and maintaining overall health from head to toe.

Mondays, Wednesdays and Fridays @ 1:00pm – Trail Walking

Are you needing some motivation to get up and start moving? Join us as we walk at our own pace either on the track behind the Senior Center or down the Buck Creek Trail. This is a move at your own pace program to encourage us all to get some exercise outside.