

Senior Center News June 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 or to sign up for a program, please contact the Alabaster Senior Center at 205-663-1307. **The Senior Center is now open to the public, we cannot serve open food, play cards, or sing inside the building but we can hold events and classes inside and outside while social distancing and wearing masks and bathrooms are accessible, you must call the Senior Center and reserve your seat if you are interested in joining any of our classes including the exercise classes. This is subject to change as the regulations from the state change.**

***June 11th @ 9:30am – Jim N Nicks Biscuits and Tea.** Drive thru or if the weather is nice, we will have table and chairs set out for everyone to sit and visit.

***June 15th @ 1:00pm – Creative Cardmaking Techniques** Our instructor Karen French will be teaching different card techniques so that you will be able to create your own greeting cards. This is a hands on class. **Cost: \$10.00 per class which includes your supplies. Please bring scissors, double stick tape, colored pencils or colored markers**

**Group Fitness Classes offered at the Alabaster Senior Center:
In June, we will be holding classes outside (weather permitting) or Inside 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.**

Tuesdays @ 1:00-2:00pm – 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 @ 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 @ 11:05-11:30am – Facial Yoga

As we age our face tends to start sagging under the chin, eyes, and forehead along with the wrinkles that come along 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 @ 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 standing and using weights.

Thursdays @ 2:00-3:00pm- 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.

Fridays @ 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.