

## Senior Center News October 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 – 7<sup>th</sup> 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 are in full swing with our programs, food service, Clas Tran and trips.**

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**\*Oct. 8<sup>th</sup> @ 9:30 am – Jim N Nicks Biscuits and Tea.** Join us inside the Senior Center for an opportunity to socialize over yummy Jim N Nicks Biscuits and Tea.

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**\*Oct 19<sup>th</sup> @1:00 pm – 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.**

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**Group Fitness Classes offered at the Alabaster Senior Center: Cost is \$2.00 per class.**

### **Mondays @ 1:30pm – Solid Gold with Suanne**

Let's Dance! We will do some Cha Cha, Merengue, Tango and more! Follow Suanne as you exercise and explore the different rhythms. Bring your water and enjoy this low impact movement class.

### **Tuesdays @ 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 @ 9:30-10:30 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 for healthier living.

### **Wednesdays @ 10:35-11:05 am – Facial Yoga**

As we age, our face tends to start sagging under the chin, eyes, and forehead along with increased wrinkles. 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 @ 1:00-2:00 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 @ 2:00-3:00 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.

### **Fridays @ 10:00-11:00 am – Balance Ageless Movement (BAM)**

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.