

## March 2022

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 sign up for a program, please contact the Alabaster Senior Center at 205-663-1307.

Friday, March 4th at 11:45 am- Bingo with Shelby Ridge

Tuesday, March 8th at 10:00 am- Acrylic Painting Class taught by Darcy Walker

Tuesday, March 8th at 11:45 am- Penny Auction with Kindred at home

Friday, March 11th at 9:30 am – Jim N Nicks Biscuits and Tea

Tuesday, March 15th at 1:00 pm – Creative Cardmaking Techniques

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

**Mondays at 12:30 pm- Cardio Party with Jeanie**

Focuses on stretching, cardio, light weights, and having fun!

**Tuesdays and Thursdays at 1:00 – Gentle Yoga**

Combines traditional/modified yoga postures and breathing techniques. 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 fitness levels are welcome.

**Tuesdays at 2:10 pm- Intermediate Yoga (new class)**

**Wednesdays at 10:00 am- Zumba Gold**

**Wednesdays at 12:30 pm – Arthritis Exercise Class with Jeanie**

Improve or maintain mobility, muscle strength, and functional ability. This class will include a variety of exercises working from head to toe.

**Thursdays at 9:15 am- Beginner Line Dancing Class**

**Thursdays at 10:10 am- High Beginner Line Dancing Class**