

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, May 6th– ASO Coffee Concert at Alys Stephens Center and Lunch

Tuesday, May 10th at 10:00 am- Acrylic Painting Class

Tuesday, May 10th at 11:45 am- Penny Auction

Friday, May 13th at 9:30 am – Jim N Nicks “Biscuits and Tea”

Friday, May 13th 5:00 pm—7:00 pm– Senior Prom with Expect Care

Monday, May 16th at 12:30 pm– Flowers for a Cause

Tuesday, May 17th at 1:00 pm – Creative Cardmaking Techniques

Friday, May 20th at 10:00 am– Hula Hoop Class

Monday, May 23rd at 9:30 am– Book Club

Friday, May 27th at 11:45 am– Singo

Monday, May 30th– Memorial Day -The Senior Center will be Closed

Every Monday– Timeless Treasures Singing Group at 10:00 am

Every Wednesday– Hooks & Needles (Knitting and Crocheting Group) meets at 9:00 am

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

Mondays at 12:30 pm- Cardio Party with Jeanie

Tuesdays and Thursdays at 1:00 – Gentle Yoga

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

Thursdays at 9:15 am- Beginner Line Dancing Class

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