

April 2014 Senior Center Information

Holiday Closing- The Senior Center will be closed on Friday, April 18 in observance of Good Friday.

Basic Self Defense/Situational Awareness Class- Wednesday, April 16 from 9am -11am. There is no charge for this class. The focus will be on situational awareness, unarmed defense, armed defense and types of self-defense training in Alabaster. Please stop by the center to sign up to attend this class. Class instructed by the Alabaster Police Department.

Capturing Memorable Images with Your Digital Camera- Tuesday, April 22 and 29th from 12-3pm (Two 3 hour sessions) So you've gotten that new digital camera...NOW WHAT? This class is designed to introduce the student to basic concepts in photography and digital camera operations including: image capture, image transfer, image processing and image sharing. Whether you've got a simple "point and shoot" digital camera or a more complex digital SLR, you can gain skill and confidence in your ability to capture memorable images. Bring your camera and your user's manual. Cost is \$8/person. Space is limited.

Introduction to Pastel Medium- Monday, May 5 from 12-3pm. The versatility of pastels allows the artist numerous choices to express their creativeness as a drawer or a painter. Explore the variety of pastel techniques while learning basic skills through simple step by step exercises and projects. The inventiveness of the artist can make pastel art a happy medium with endless possibilities. Instructor: Deanne Thorn. Space is limited and sign ups begin April 1. Cost is \$12/person. Bring your own supplies.

Paper Craft Class

Join us for an ongoing class to learn the basics of paper crafting. Whether you want to make your own handmade cards or create beautiful scrapbooks to preserve family memories, this class is for you. In each class you will make examples of 1-2 new techniques which can be used to make your own personalized creations during the class. Join us for fun and creativity as well as discovering your hidden talents. This class is usually taught the second Monday of the month from 12-3pm. Cost: \$5/class.

NEW Head to Toe Fitness Class- Mondays from 1-2pm. Build muscular strength, increase your cardiovascular endurance and improve your balance, flexibility and range of motion as you have fun and move to the music! Do all this seated or standing.....it's your choice! This class will incorporate the use of hand weights, resistance tubing, balls, etc. into an enjoyable exercise class that will help you manage your activities of everyday living with ease. So join us as we strengthen our body, mind and spirit, and support each other in the pursuit to make everyday a healthier day! \$2/class.

NEW Zumba Gold II (Beginners) – New to Zumba Gold? This is the perfect place to get started. Low intensity, low-impact dance/fitness class with an opportunity to break-down and learn basic Latin and World rhythms. Same party flavor and fun. Wednesday 2:15pm-3pm. \$2/class.

Arthritis Foundation Exercise Program- Wednesday at 10am. Space is limited. \$2/class.

NEW Watercolor Class- All painting levels are welcome. Come learn how to paint with watercolor. Wednesdays from 1-3pm. \$25/4 classes each month and includes your paper. Must sign up.

Upcoming Book Club- join us on for our next class on **Friday, April 25 at 10am.** We will meet every 4th Friday to discuss the book and introduce a new book. Sign up at the Senior Center.

You won't want to miss all the activities at the Senior Center:

- Timeless Treasures (singing): Mondays at 10 am
- Head to Toe Fitness: Mondays from 1:00 pm until 2:00 pm

- Wii Bowling: Tuesdays at 12 pm

- Rook: Wednesdays at 9:00 am
- Arthritis Foundation Exercise: Wednesdays at 10:00 am
- Zumba Gold I (exercise): Wednesdays at 1 pm
- Zumba Gold II (exercise for beginners): Wednesdays from 2:15 pm until 3:00 pm

- Beginner/Inter Line dancing: Thursdays at 9:30 am
- Beginner Line Dancing: Thursdays at 10:30 am
- Bridge: Thursdays from 12 pm until 3 pm

- Tempo exercise: Fridays at 10 am
- Zumba Gold Toning: Fridays from 1 pm until 2 pm

If you would like more information concerning Senior programs, please contact the Alabaster Senior Center at 205-663-1307 or awalters@cityofalabaster.com