

## **August 2014 Newsletter**

**Imax Movie- Jerusalem- Thursday, August 14-** join us for breakfast at Cracker Barrel and a viewing of the IMAX movie Jerusalem. JERUSALEM takes audiences on a visually stunning tour of one of the world's oldest and most beloved cities. Destroyed and rebuilt countless times over 5,000 years, Jerusalem's enduring appeal remains a mystery. What made it so important to so many different cultures? How did it become the center of the world for three major religions? Why does it still matter? Cost is \$8 for IMAX movie and to hold your spot. Bring \$10-\$12 for breakfast. Space is limited.

**Grandparents Day "Birds, Butterflies and Bees"- Tuesday, August 5 from 10am-12pm.** We are inviting our seniors and their grandchildren or great grandchildren (ages 3-12) to join us as we learn all about birds, butterflies and bees. We will make feeders, homes and lots more for our friends in nature. We will also enjoy pizza for lunch. Space is limited. Cost is \$8 for one senior and one child. Space is limited.

**Refrigerator Beauty Class- Friday, August 29 from 9:30-11am.** Join us to learn how to use the "stuff" you have in your refrigerator and pantry to make your own natural beauty products. You will go home with three products you made yourself and lots of recipes. Cost is \$5/person. All supplies included and space is limited.

**Grocery Store Round Up on September 5 from 10-12pm** -Herbalist Cameron Strouss will be teaching us her tips and tricks for eating healthy while cooking for 1-2, on a budget. We will have a lecture at the Senior Center and then we will take a trip to Publix for a hands on grocery shopping adventure; in which we will be buying Cameron's groceries for the week! Join us for a fun, healthy, and educational class. Following shopping we will eat lunch out in the community. Cost to reserve your spot is \$3/person and bring money for lunch out in the community. Space is limited and sign ups begin August 1<sup>st</sup>.

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

**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 Strengthen, Stretch and Restore (30 min mat based exercise class)** all participants will begin class seated on a mat on the floor. A variety of exercises will be performed on the mat with no need to get up and down during class. We will remain on the mat until the end of class. This class is designed to strengthen the body by incorporating lengthening exercises that use body weight, as well as, fitness tools. Focus will be on stabilizing the body's core which is where all movement and balance begins. We will also increase flexibility and range of motion while gently stretching all of the major muscle groups. We will also focus on correct breathing techniques, body awareness and relaxation feeling refreshed and restored by the end of class.

Classes will be held Mondays from 2:15-2:45pm. Cost is \$1/class.

**Zumba Gold I-** Relatively high intensity, low-impact fitness class featuring Latin and World rhythms and the same party favor as regular Zumba. A great cardio workout that is fun! Wednesday 1-2pm. Cost is \$2/class.

**NEW Zumba Gold II** – 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. Cost is \$2/class.

**Zumba Gold Toning-** Join us for a dynamic class using lightweight resistance training. This class can help participants prevent age-related bone loss, increase muscle strength and definition, decrease body fat and improve mobility, posture, coordination and cognition. Fridays from 1-2pm. Cost \$2/class.

**You won't want to miss all the activities at the senior center:**

Head to Toe Fitness- Mondays 1-2pm

Wii Bowling –Tuesdays 12pm

Arthritis Foundation Exercise – Weds 10am

Zumba Gold I- Wednesdays 1pm

Zumba Gold II (beginners) Wednesday 2:15-3pm

Beginner/Inter Line dancing – Thursdays 9:30am

Beginner Line Dancing – Thursday 10:30am

Tempo exercise – Fridays 10am

Zumba Gold Toning- Fridays 1-2pm

Bridge- Thursday 12-3pm

Rook- Wednesdays 9:00am

Timeless Treasures (singing) – Monday 10am

If you would like more information concerning senior programs, please contact Alabaster Senior Center at 663-1307 or [awalters@cityofalabaster.com](mailto:awalters@cityofalabaster.com)