

December 2014
Senior Center Information

Closed for Holidays

The Alabaster Senior Center will be closed from December 22 thru January 1. We will resume programs on Friday, January 2. Merry Christmas and Happy New Year!

The Annual Alabaster **Senior Christmas Dance** is Friday, December 19 from 5:30-8:30pm at Thompson Middle School Cafeteria. Don't miss a great evening of fun, food, dancing and connecting with friends. **Cost is \$5/person**. Includes: dinner, live entertainment, door prizes and more! Please stop by the Senior Center to purchase your tickets. Deadline is Monday, December 1.

Alabaster Senior Center Christmas Party will be on Thursday, December 18 at 9:30am at the Senior Center. We will have a craft, bingo, Christmas carols, door prizes and a dessert bar after lunch. Tickets are \$2.00, and you must have purchased a ticket to come to the Center that day. Space is limited.

Drumming Program- join us on December 2 at 10am. No experience necessary; but, the benefits are endless. The benefits of drumming: improve your mood, increase circulation, and improve focus, low impact exercise and creativity. No charge for this program, but you need to reserve your spot.

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.

Our Timeless Treasures singers will sing and perform for us at the Senior Center on Monday, December 15 at 10am. Join us and have fun singing Christmas carols with us!

8 week Beginner Zumba Gold – 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. Wednesdays 2:15pm-3pm. Cost is \$2/class. (Jan. 7- Feb 25.)

Please check the December calendar: exercise classes will be offered the week of December 15th!

Mark your Calendars: NEW Class- Tai Chi for Health

The Tai Chi for Health is a fun low-impact recreational exercise program designed to improve functional ability, self-confidence, self-care, mobility, muscle strength and coordination. The program will be led by Butho Ncube, MPH, MBA, a Tai Chi certified instructor, and Health and Community Services Coordinator at the Middle Alabama Area Agency on Aging (M4A). Each Tai Chi session includes warm-up and cool-down exercises, 6 basic core movements and 6

advanced movements, and breathing and relaxation techniques. Additionally, movements are performed at a higher stance to make it easier for older participants and those with Arthritis. Classes are free to the public and will be on Tuesdays starting on January 6, 2015 from 12:30pm to 1:30pm continuing through February 10, 2015.

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