

February 2014 Senior Center Information

Using Smart Phones in 2014- Tuesday, February 4 from 12pm-1:30pm- with today's smart phones transforming to computers in your pocket many people are not aware of all the fun and informative things your smart phone can do for you. Allan Wilson with Wilson Computer Support will teach you how to get the most out of your smart phone. Topics that we will cover include, "How to use GPA navigation", "Setting up and checking your email on your phone", and "how to install applications safely on your phone". Bring your smart phone and your questions. Stop by and sign up at the center.

Intro to Medicine Making-Have you ever wanted to make your own Medicines or body care products? Or wondered what the difference between a salve and a tincture was? Come join Clinical Herbalist Cameron Strouss, **Wednesday, February 12th at 11:45**, for an educational/demonstration based class on what types of medicines and products you can make at home and the applications of each. We look forward to seeing you there!

AARP- Smart Driver Class- February 25 - 9am-3:30pm at the Senior Center. This is a 6 hour classroom refresher that can help the effects of aging on your driving and how you can adjust your Driving. Cost is \$15.00/AARP member and \$20.00/AARP nonmember. Bring your own lunch. Make checks payable to AARP.

Zumba Gold I- Relatively high intensity, low-impact fitness class featuring Latin and World rhythms and the same party flavor 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 as Zumba I. Wednesday 2:15pm-3pm. Cost is \$2/class.

Arthritis Foundation Exercise Program- Wednesday at 10am. Space is limited. Cost \$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.

NEW- It's a TANGLED WORLD- Feb 18, 25, March 4, 11 from 12:30-2pm.
Join Jan Rogers for basic classes in creating ZENTANGLE© inspired pen and ink drawings. There are NO MISTAKES! Give up your fears and produce interesting new designs from your practice. This art form allows you to draw and RELAX at the same time. It's fun, and after four classes, you will draw like a pro. You will complete your own pattern for a new (insulated) coffee mug and at least one St Patrick's Day card for a loved one. Cost is \$12/person. Space is limited.

Drumming Program- join us on February 4 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.

Tour of downtown Birmingham and Lunch- a step-on guide will take us on a tour of downtown Birmingham. You will see many historical sites and enjoy lunch out in the community. We will be traveling on the 25 passenger bus. Cost is \$5 to hold your spot. Bring \$10-\$12 for lunch. Space is limited.

Upcoming Book Club- join us for our next class on **Friday, February 28 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
- 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): 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