

January 2014 Senior Center Information

Closed for Holidays

The Alabaster Senior Center will be closed on the following dates:

- Wednesday, Jan. 1, in observance of New Year's Day.
- Monday, Jan. 20, in observance of Martin Luther King, Jr. Day.

January 2014 Exercise Class Fees

There will be a \$2 cost per exercise class beginning in January. You will have the option to pay \$2 when you sign in for each class, or you will be able to purchase an exercise punch card – 10 classes for \$20. You will then need to bring cash or the punch card when you sign up for each class. We are continuing to grow and looking for ways to keep things simple and efficient. Thank you in advance for your willingness to grow with us!

Zumba Gold I

Wednesdays, 1:00 pm – 2 pm. A relatively high intensity, low-impact fitness class featuring Latin and World rhythms, and the same party flavor as regular Zumba. It results in a great cardio workout that is fun! Cost is \$2 per class.

NEW Zumba Gold II

Wednesdays, 2:15 pm – 3:00 pm. 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. Cost is \$2 per class.

Zumba Gold Toning

Fridays from 1:00 pm – 2:00 pm. 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. Cost is \$2 per class.

Arthritis Foundation Exercise Program

Wednesdays at 10:00 am. Space is limited. Cost is \$2 per class.

Line dancing

Thursdays. Join us at 9:30 am for the intermediate class. Join us at 10:30 am for the beginner class. No experience necessary. Cost is \$2 per class.

NEW: Intergenerational Program “Making Memories”

Friday, January 3, from 10 am – 12:00 pm. We are inviting our seniors and their grandchildren or great grandchildren (ages 3-12) to join in a special day together. We will have fun with a magician,

create a nature craft, and a craft to take home. We will also enjoy pizza for lunch. Space is limited. Cost is \$8 for one senior and one child.

NEW: It's a TANGLED WORLD

Tuesdays – Jan 14, 21, 28, & Feb 4 from 12:30 pm until 2:00 pm.

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 Valentine's card for a loved one. Cost is \$12 per person. Space is limited.

Civil Rights Museum and Lunch

Thursday, Jan. 16. Join us for a tour of the Civil Rights Museum in Birmingham and lunch at Niki's West. We will be traveling on the 25 passenger bus. Cost is \$3 to hold your spot. Bring \$5 (cash) for the tour and \$10-\$12 for lunch. Space is limited.

Upcoming Book Club

Friday, January 24, at 10:00 am. Join us for our next class. We will meet every 4th Friday to discuss the book and introduce a new book. Sign up at the Senior Center.

NEW: Watercolor Class

Wednesdays from 1:00 pm – 3:00 pm. All painting levels are welcome. Come learn how to paint with watercolor. \$25 for 4 classes each month and includes your paper. Must sign up.

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