

July 2014 Senior Center Information

NEW Creative Dance uses movement as a language to explore or express an idea. Let's explore some issues of aging as we learn the basics of creative movement. We'll learn to use the Elements of Dance to tell our stories and explore the concept of the relationship between dance and the well-being of mind, body and spirit. No prior dance experience is necessary. We'll build our dance vocabulary as we go! This will be a six week series with each week building on the week before, beginning on July 10 and ending on August 14. Six weeks - \$12.

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.

Line dancing- join us on Thursday for the 9:30am intermediate class or the 10:30am beginner class. No experience necessary. Cost \$2/class.

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

Upcoming Book Club- join us on for our next class on **Friday, July 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