

## **June 2014**

### **Senior Center Information**

**Hyundai Plant Tour/Lunch, Wednesday, June 11-** we will tour the Hyundai plant in Montgomery. You will have a chance to see how cars are assembled and tested. We will eat lunch in the community. Cost is \$1 to hold your spot; and bring \$10-\$12 for lunch. Space is limited.

**Montgomery Flea Market/Lunch, Tuesday, June 24-** you can shop till you drop. This Montgomery flea market has 3 levels of booths. Note: lots of walking. You will also enjoy lunch at Fried Tomato Buffet. Cost is \$1 to hold your spot; and bring \$10-\$12 for lunch. Space is limited.

**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 - \$10. Sign up begins June 2. Space is limited!

**NEW 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- It's a TANGLED WORLD-** June 20 from 12-3pm. 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 will be a fun one day workshop where you will draw like a pro. You will complete your own pattern for a new (insulated) coffee mug. Cost is \$15/person. Space is limited.

**Zumba Gold II (Beginners)** – 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. \$2/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.

**Drumming Program-** join us on June 3 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.

**Upcoming Book Club-** join us on for our next class on **Friday, June 27 at 10am.** We will meet every 4<sup>th</sup> 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](mailto:awalters@cityofalabaster.com)**