

## **March 2014 Senior Center Information**

**Capturing Memorable Images with Your Digital Camera- Tuesday, April 22 and 29<sup>th</sup> from 12-3pm** (Two 3 hour sessions). So you've gotten that new digital camera...NOW WHAT? This class is designed to introduce the student to basic concepts in photography and digital camera operations including: image capture, image transfer, image processing and image sharing. Whether you've got a simple "point and shoot" digital camera or a more complex digital SLR, you can gain skill and confidence in your ability to capture memorable images. Bring your camera and your user's manual. Cost is \$8/person. Space is limited. Sign up begins March 3.

**Gardening-** join us on the **3<sup>rd</sup> Tuesday** of each month for gardening class. This year we will be learning about composting; aquaponics; hydroponics; how to design planted pots, herbs, and how to incorporate them into your garden; canning, freezing, and how to properly store food; and much more. Cost is \$5/person/class. Stop by the Senior Center for more information.

**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 12-3 pm. February's class, however, will be on **February 3<sup>rd</sup>**. Cost: \$5/class.

**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 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. **Wednesday 2:15pm-3pm.** \$2/class.

**Arthritis Foundation Exercise Program- Wednesdays at 10am.** Space is limited. \$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.

**Drumming Program-** join us on **March 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.

**Paul Bryant Museum and Dreamland BBQ in Tuscaloosa- Thursday, March 6.** We will take a self-guided tour of the Paul Bryant Museum in Tuscaloosa. We will eat lunch at Dreamland BBQ. We will be traveling on the 25 passenger bus. Cost is \$1 to hold your spot. Bring \$1.00 for the tour and \$12-\$15 for lunch. Space is limited.

**Do you like to shop?** On **Thursday, March 20** we will visit a few thrift and consignment shops in Hoover. This will be a fun, laid back day. We will enjoy lunch at a Japanese restaurant on Hwy 150. Cost is \$1 to hold your spot. Bring money for lunch. Space is limited.

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