

## **May 2014 Senior Center Information**

**Holiday Closing-** The Senior Center will be closed on Monday, May 26 in observance of Memorial Day.

**Introduction to Pastel Medium-** Monday, May 5 from 12-3 pm. The versatility of pastels allows the artist numerous choices to express their creativeness as a drawer or a painter. Explore a variety of pastel techniques while learning basic skills through simple step by step exercises and projects. The inventiveness of the artist can make pastel art a happy medium with endless possibilities. Instructor: Deanne Thorn. Space is limited and sign ups begin April 1. Cost is \$12/person. You must furnish your own supplies.

### **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 12-3pm. Cost: \$5/class.

**Fishing Outing at Oak Mountain-** on Monday, May 5, 9am-1:15pm. We will spend the day fishing and eating a picnic lunch at Oak Mountain. If you are interested in joining us, please stop by the Senior Center and pay \$1.00 to reserve your spot. Limited fishing poles available.

**Montgomery Day Trip-** on Thursday, May 29, we will tour the Alabama Department of Archives and History, the White House of the Confederacy and enjoy lunch in Montgomery. Cost is \$1 to hold your spot. You will need to bring \$1 for the tour plus money for lunch. Space is limited.

**NEW Strengthen, Stretch and Restore (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 10-11am through May 19. Cost is \$2/class.

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

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

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

**Watercolor Class-** All painting levels are welcome. Come learn how to paint with watercolor. Wednesdays from 1-3pm. \$18.75/4 classes each month and includes your paper. Must sign up.

**Upcoming Book Club-** join us for our next class on **Friday, May 23 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.

Special **thank you** to the **Weatherly Garden Club** for the donation to the Alabaster Senior Center. Your donation will help us to continue to plan new and innovative gardening programs here at the 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)**