

November 2014
Senior Center Information

Closed for Holidays

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

- Tuesday, Nov. 11, in observance of Veterans Day.
- Thursday & Friday, Nov. 27 & 28, in observance of the Thanksgiving holiday.

"Honoring Our Veterans" - Wednesday, November 5 at 9:30am. Karla Stamps will be presenting a program celebrating the service of our U.S. Military Veterans. The program is filled with photographs and stories of the lives of the men and women who have served our country and includes interesting stories about the memorials, schools, uniforms, animals, parades and rich history that surrounds our countries' military traditions. Call to reserve your spot.

Lunch and Shopping in Homewood- Friday, November 7. Enjoy walking the downtown Homewood area. Eat lunch and shop on your own. Space is limited. \$1 to reserve your spot. Bring \$12-15 for lunch.

Louie's Pickle and Shopping- Wednesday, November 12 we will travel to Odenville to Louie's Pickle Deli for lunch, and stop by the outlets in Leeds for a little Christmas shopping. Cost is \$1 to reserve your spot. Bring \$10-12 for lunch.

Drumming Program- join us on Tuesday, November 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.

Zentangle Inspired Christmas Class- Monday, November 3 from 12-3pm. Want a tree with a little extra DAZZLE this holiday season? Join the JANTANGLE crowd at the center to make dazzling ZIA ornaments and ornament toppers. These pieces of hand crafted art will make fabulous personal gifts for your friends and family, or as a gift to yourself! Don't miss it; let's TANGLE! You must have taken the beginner Zentangle class prior to this class. Cost is \$15/person. All supplies included.

Upcoming Book Club- join us for our next class on **Monday, November 24 at 10am.** We will meet every 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

NEW Ageless Adventures in Movement- using movement as a language. Join us on Thursdays from 1-2pm. In Ageless Adventures in Movement, we use 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 is an ongoing class \$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.

Zumba Gold – Relatively high intensity, low-impact fitness class featuring Latin and World rhythms and the same party favor as regular Zumba. A great cardio workout that is fun! Wednesday 1-2pm. Cost is \$2/class. (Note: Zumba Gold from 2:15-3pm will not be offered at this time)

You won't want to miss all the activities at the Senior Center:

- Timeless Treasures (singing): Mondays at 10:00 am
- Head to Toe Fitness: Mondays from 1:00 pm until 2:00 pm
- Mat Stretch Class: Mondays from 2:15 pm until 2:45 pm

- Rook: Wednesdays at 9:00 am
- Arthritis Foundation Exercise: Wednesdays at 10:00 am
- Zumba Gold (exercise): Wednesdays at 1:00 pm

- Beginner/Inter Line dancing: Thursdays at 9:30 am

- Beginner Line Dancing: Thursdays at 10:30 am
- Bridge: Thursdays from 12:00 pm until 3:00 pm
- Ageless Adventures in Movement: Thursdays from 1:00 pm until 2:00 pm

- Tempo exercise: Fridays at 10 am

If you would like more information concerning Senior programs, please contact the Alabaster Senior Center at 205-663-1307 or awalters@cityofalabaster.com