

October 2014 Senior Center Information

Flu Shot will be provided by Rite Aid on Tuesday, October 7 from 9 am-10:30 am. No charge for the following insurances: (bring your insurance card) Medicare, Tri Care, and most Part B plans. Cost for flu shots if you do not have insurance is \$29.99. Sign up today at the Senior Center.

Fall Foliage Day Trip - Thursday, October 23 - we will travel to the Fort Payne/Mentone area to enjoy the magnificent leaf changing splendor of Little River Canyon and Lookout Falls. We will enjoy lunch at Wildflower Café; and a short walk around Mentone which offers unique shopping, and the site of the 130 year old Mentone Springs Hotel that burned last March. We will be traveling on a 25 passenger bus, and there is walking on this trip. Cost is \$25/person and includes transportation and lunch. Space is limited.

Quail Hollow Farms Trip - Tuesday, October 21. We will visit Coach Pat Dye's Japanese Maple Gardens in Auburn. Cost is \$25/person and includes transportation, a home cooked meal in the lodge, and a tour of the Crooked Oaks hunting lodge, guest cottage, nursery, and gift shop. Note: This is a walking tour. Space is limited.

Drumming Program - join us on Tuesday, October 7 at 10 am. 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.

Halloween Craft - Monday, October 20 from 9:30 am -11:15 am. Cost is \$5/person and you must sign up ahead of time. Space is limited.

Upcoming Book Club - join us for our next class on **Monday, October 27 at 10 am**. We will meet every 4th Monday to discuss the book and introduce a new book. Sign up at the Senior Center.

Arthritis Foundation Exercise Program - Wednesdays at 10 am. Join our Arthritis exercise class if you are suffering from achy joints, painful bones, or just need a little bit of time to relax and do something good for yourself! Space is limited. \$2/class.

NEW Ageless Adventures in Movement - using movement as a language. 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 9:30 am intermediate class or the 10:30 am 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!

Wednesdays from 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 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 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

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