

September 2014 Senior Center Information

Upcoming Day Trip to Atlanta, GA on Thursday, October 2- Located on 33 acres in the heart of historic Buckhead, the Atlanta History Center invites you to explore Georgia's past through award-winning exhibitions, two historic houses (the 1928 Swan House and 1860s Smith Family Farm), Centennial Olympic Games Museum, and 22 acres of historic gardens and trails. First, we will experience a guided tour of one of the country's largest exhibitions on the Civil War. With over 1,500 Union and Confederate artifacts, including cannons, uniforms and flags you can experience the Civil War through the eyes of the soldiers and civilians. Then you may independently tour a fabulous exhibit of Southern folk culture and traditions, and discover the 1996 Centennial Olympic Games museum as well as the Swan House and Smith Family Farm. Cost is \$25/person and includes transportation on the 25 passenger bus, admission to museums, homes, gardens and lunch. Note: there is walking on this trip and space is limited.

Couponing class- Monday, September 8 at 9:30am. If you want to save money by sharing couponing ideas, this class is for you. Bring any coupons and ideas that you have to share. We will look at current and upcoming coupon offers for all kinds of products.

Apple Orchard, Amish Bakery and Lunch in Cullman- Friday, September 12- we will travel to the Cullman area to an apple orchard for a tour and tasting of a variety of apples. You can purchase apples and then enjoy lunch at the Old Cook Stove. We will make a quick stop at an Amish bakery. Cost is \$1 hold your spot. Bring \$12-15 for lunch and money to purchase apples. Space is limited.

Trussville Flea Market and McEnally's Mercantile outing- Thursday, September 18. Cost is \$1 to hold your spot. Bring \$10-12 for lunch. Space is limited.

Zentangle Inspired Beginner Workshop- Friday, September 26 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's fun; and after this workshop, you will draw like a pro. You will complete your own pattern for a new (insulated) coffee mug. Cost is \$15/person. All supplies are included. Space is limited.

AARP- Smart Driver Class- Tuesday, September 23 - 9am-3:30pm at the Senior Center. This is a 6 hour classroom refresher that can help the effects of aging on your driving and how you can adjust your driving. Cost is \$15.00/AARP member and \$20.00/AARP nonmember. Bring your own lunch. Make checks payable to AARP.

Fall Door Decoration- Monday, September 29 from 9:30-11:15. Cost is \$10/person and you must sign up ahead of time. Space is limited.

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

Zumba Gold I- 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 1-2pm. Cost is \$2/class.

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