

April 2015 Senior Center Information

Holiday Closing

The Senior Center will be closed on Friday, April 3 in observance of Good Friday

Barons Baseball at the New Regions Park- Monday, May 4, 2015. Join us for a fun day at the ball park. Cost is \$15/person. Price includes transportation, base line seats and lunch (hot dog, chips and a small drink). Space is limited. Deadline to sign up is April 6.

Beginner Jewelry Earring Class- Friday, April 10 from 1:00-2:30pm. Everyone is welcome; and no experience necessary! Each person will make the same earrings. You will be learning about tools for making jewelry, and using the tools to make 2-3 pairs of earrings. This beginner class will focus on the techniques of making jewelry. This will be a prerequisite for other jewelry classes. Cost is \$10/person and includes all supplies.

Fall Mills Trip to Belvidere TN- Join us on Thursday, April 23 as we travel to Belvidere, TN and take a walking tour of a water operated grain mill and museum. We will enjoy lunch, and then take a tour of the US Veteran Museum in Huntsville. There is walking and stairs on this trip. Cost is \$25.00/person and includes transportation, admission to Fall Mills, lunch, and admission to US Veterans Museum in Huntsville. Space is limited!

Arthritis Exercise Program- NEW CLASS TIME- This class helps improve pain and stiffness, maintain range of motion, balance, coordination and also increases endurance and improves overall health. Every Wednesday from 9:30-10:30am. Space is limited. \$2/class.

Line dancing- NEW CLASS TIMES- intermediate line dancing Thursdays from 9:15am until 10:05am; followed by beginner line dancing from 10:10am-11am. Cost is \$2/class.

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.

Strengthen, Stretch and Restore (30 min mat based exercise class) Mondays from 2:15-2:45pm. 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. \$1/class.

Tempo! – Fridays at 10am. This exercise class will focus on stretching, cardio, light weights and having fun! You won't want to miss this class. \$2/class.

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

- Wii Bowling: Tuesdays from 12:00 pm until 2:00 pm

- Rook: Wednesdays at 9:00 am
- Arthritis Exercise: Wednesdays at 9:30 am
- Zumba Gold (exercise): Wednesdays at 1:00 pm

- Beginner/Inter Line Dancing: Thursdays at 9:15 am
- Beginner Line Dancing: Thursdays at 10:10 am
- Bridge: Thursdays from 12:00 pm until 3:00 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