

## **August 2015 Senior Center Information**

**Grandparents Day-Monday, August 3 from 10:00am-12:00pm.** We are inviting our seniors and their grandchildren or great grandchildren (ages 4-12) to join us as we have fun making bubbles, a craft and more! We will also enjoy pizza for lunch. Space is limited. Cost is \$10 for one senior and one child, and additional \$5/child. Space is limited.

**Make Your Own Condiment Class- Tuesday, August 25 from 12:00-1:30pm.** Do you know what ingredients are in the condiments you are eating? In this class you will learn how to make your own condiments the healthy way. Cost is \$8/person, and space is limited.

**Beginner Jewelry Earring Class-** Friday, August 28 from 12:00-2:00pm. Everyone is welcome; and no experience necessary! Each person will make the same earrings. You will be learning about tools for making jewelry, and use the tools to make 2 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. Space is limited- sign up at the Senior Center!

**AARP- Smart Driver Class- Tuesday, September 1 – 9:00am-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. You will need to stop by the Senior Center and reserve your spot.

**Note: Space is limited in exercise classes. Sign up for each class begins 30 minutes prior to the start of a class. First come, first serve basis.**

**NEW Adventures in Dance-** a dance class especially designed for people with Parkinson's Disease or other neurological disorders. Caregivers and other interested participants are welcome. If you love to move to music in a safe and caring environment, this is the class for you! This will be a 6 week program on Wednesdays from 2:15-3:00pm. First class begins on August 12. Cost is \$2/class.

**NEW Gentle Yoga-** an hour class that combines traditional yoga postures and breathing techniques. Gentle movement is modified to allow the class to be completed from a standing or seated position. (*Note: you will not be going to the floor in this class.*) All levels of fitness are welcome. Thursdays from 12:15-1:15pm. Cost is \$2/person and space is limited.

**Head to Toe Fitness Class- Mondays from 1:00-2:00pm.** 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.

**NEW 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.

**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 1:00-2:00pm. Cost is \$2/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 from 1:00 pm until 2:00 pm
- Adventures in Dance: Wednesdays from 2:15 pm until 3:00 pm
  
- Beginner/Inter Line Dancing: Thursdays at 9:15 am
- Beginner Line Dancing: Thursdays at 10:10 am
- Gentle Yoga: Thursdays from 12:15 pm until 1:15 pm
- Bridge: Thursdays from 12:30 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](mailto:awalters@cityofalabaster.com)**