

February 2015 Senior Center Information

Drumming Program- join us on Tuesday, February 3, 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.

AARP- Smart Driver Class- Friday, February 6 - 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. Sign up at the Senior Center.

Lunch at Lloyds on Hwy 280- Thursday, February 19. Space is limited. \$1 to reserve your spot. Bring \$10-\$12 for lunch.

Flea Market in Prattville and Lunch Outing- Friday, February 27. Join us as we travel to Prattville, and enjoy shopping and eating lunch. Cost is \$1 to reserve your spot. Bring \$10-\$12 for lunch.

Upcoming Book Club- join us for our next class on Monday, February 23 at 10am. We will meet every 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

NEW Tai Chi for Health (6 week joint program with M4A)

The Tai Chi for Health is a fun low-impact recreation exercise program designed to improve your functional ability, self-confidence, self-care, mobility, muscle strength and coordination. Each session will include warm-up and cool down exercises, 6 basic core movements, and 6 advanced movements; breathing and realization techniques. Classes will be held every Tuesday from 12:30-1:30pm beginning Jan 6-Feb 10. No charge for this class.

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 every Thursday from 1-2pm. \$2/class.

Arthritis Exercise Program- This class helps improve pain and stiffness, maintain range of motion, balance, coordination, and also increases endurance and improves overall health. Every Wednesday at 10am. Space is limited. \$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 of 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 the 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.

Line dancing- join us on Thursdays for the 9:30am intermediate class or the 10:30am beginner class. No experience necessary. Cost \$2/class.

Beginner Zumba Gold (will only be offered Jan and Feb) – New to Zumba Gold? This is the perfect place to get started. Low intensity, low-impact dance/fitness class with an opportunity to break-down and learn basic Latin and World rhythms. Same party flavor and fun. Wednesdays from 2:15pm-3pm. Cost is \$2/class.

Intermediate 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.

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
- Strengthen, Stretch and Restore: Mondays from 2:15 pm until 2:45 pm
- Mat Stretch Class: Mondays from 2:15 pm until 2:45 pm

- Rook: Wednesdays at 9:00 am
- Arthritis 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

We are seeking a dedicated and talented volunteer who would like to play the piano every Monday morning for our Timeless Treasures singing group. If you are interested in volunteering, please contact Alicia at 205-663-1307.