

**January 2015**  
**Senior Center Information**

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**Closed for Holidays**

The Alabaster Senior Center will be closed on the following dates:

- Thursday, Jan. 1, in observance of New Year's Day.
- Monday, Jan. 19, in observance of Martin Luther King Jr. Day.

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**“Clean Living in a Dirty World” Class-** 6 week class every Monday starting February 2<sup>nd</sup> from 9:30am- 11am. (Kombucha, Keifer, Sprouting/BPA, Glysohate, GMO). In today's world there are so many new terms, how do you know what is good for you and what is harming you? In this six week class, you will be exploring the world of clean living and how to take baby steps to making positive, practical changes in your life. This class will be hands on and classroom style. Cost is \$30/person for 6 weeks. (\$5/class) Space is limited. Sign-ups begin January 2.

**Drumming Program-** join us on January 6 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.

**Lunch and Shopping in Hoover-** Wednesday, January 21. We will visit the new Bargain Hunt store and Hobby Lobby in Hoover. We will eat lunch at Dales in Hoover. Space is limited and \$1 to reserve your spot. Bring \$12-\$15 for lunch.

**“Know This Artist” Workshop- Friday, January 23 from 12:30-3pm.**

How well do you think you know famous painters? In this class you will learn about an artist, including history, techniques and fun facts. You will recreate a well-known painting from the artist using many techniques. The artist you will learn more about will be Claude Monet; he is more than just water lilies. Cost is \$12, and it includes all supplies.

**Upcoming Book Club-** join us on for our next class on **Monday, January 26 at 10am.** We will meet every 4<sup>th</sup> Monday to discuss the book and introduce a new book. Sign up at the Senior Center.

**AARP- Smart Driver Class- 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.

**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- Thursdays from 1pm-2pm.** 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.

**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 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.

**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. Wednesday 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 flavor as regular Zumba. A great cardio workout that is fun! Wednesday 1-2pm. Cost is \$2/class.

**You won't want to miss all the activities at the senior center:**

Head to Toe Fitness- Mondays 1-2pm

Mat Stretch Class- Mondays 2:15-2:45pm

**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
  
- 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](mailto:awalters@cityofalabaster.com)**