

July 2015

Senior Center Information

Closed for Holiday- Friday, July 3. The Alabaster Senior Center will be closed in observance of Independence Day.

4th of July Program- Wednesday, July 1 at 10am. Join us for the upcoming program “Our American Presidents”. Birmingham native Karla Stamps will take us down memory lane, and test our memories in the process. She will share a slide show filled with dozens of historical photographs accompanied by fascinating stories about the men who have led our country for well over 200 years. No charge for this program; but, please stop by and reserve your spot today.

Antique and Flea Market Shopping on Hwy 280 –Thursday, July 9. Join us as we travel down Hwy 280 and shop at a variety of antique shops and flea markets. Cost is \$1.00 to reserve your spot; and bring \$10-12 for lunch. Note: there will be walking on this outing. Space is limited. Sign up at the Senior Center.

Zentangle Inspired- Friday, July 17 from 12-3pm. You will use the patterns you already know, and design on cotton tennis shoes and visors. You will need to bring your own cotton tennis shoes. Space is limited; and you must have taken the beginner Zentangle class prior to this class. Cost is \$12/person. Space is limited. Sign up at the Senior Center.

Clean Living in a Dirty World Class- 6 week class every Friday starting July 31 from 10:00am- 11:30am. (Kombucha, Keifer, Sprouting/BPA, Glysophate, 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 up at the Senior Center.

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 served basis.

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.

Arthritis Exercise Program- This class helps improve pain and stiffness, maintain range of motion, balance, and coordination, and also increases endurance and improves overall health. Every Wednesday from 9:30-10:30am. Space is limited. \$2/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 1-2pm. 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.

New 6 week Class- Adventures in Dance- this class will meet every Wed. from 2:15-3:00pm starting August 12- Sept 16. A dance class especially designed for people with Parkinson's Disease and/or other neurological disorders. This class will focus on balance, movement sequencing, rhythm, spatial awareness and dynamic coordination. This program will be based on an original program out of New York. If you love to move to music in a safe and caring environment, this class is for you. No charge for the first class on August 12; and \$2/person for classes thereafter. Call the Alabaster Senior Center for more information.

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 12:30 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