

June 2015 Senior Center Information

Shakespeare Festival in Montgomery – Join us on Wednesday, July 15, to see the performance of *The Little Mermaid* at the Alabama Shakespeare Festival in Montgomery. We will enjoy lunch at Fried Tomato Buffet! Cost is \$30.00/person and includes transportation and admission to play. Bring \$10-12 for lunch. Space is limited! Sign up at the Senior Center.

Avondale Brewery and lunch- Wednesday, June 10 – We will tour the Avondale Brewery and then enjoy lunch at Post Office Pies (pizza). Cost is \$1/person and includes: transportation and tour. You will need to bring \$12-15 for lunch. Space is limited! Sign up at the Senior Center.

Know this artist? Friday, June 5, from 12-3pm. How well do you think you know famous painters? Learn about well-known artists while recreating one of their most famous works using a variety of techniques and supplies. You don't need to be an artist to learn and create fun art history! We will learn about Vincent Van Gogh or Jackson Pollock (depends on the weather). Cost is \$12/person and all supplies included. Space is limited. Sign up at the Senior Center.

Earring Jewelry Class – Friday, June 12 from 12-2pm. (Must have taken the beginner jewelry class prior to signing up for this class.) This class will review techniques learned in the beginner class: wire loops, wrapped wire loops, earring wires, and proper usage of tools. You will make 2 pairs of earrings using the skills you have learned and learn a few new techniques. Everyone will make the same earrings (1 pair summer color palette of beads and 1 pair more patriotic colors). Cost is \$12/person and includes all supplies. 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 serve 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. Additionally we will focus on correct breathing techniques, body awareness and relaxation feeling refreshed and restored by the end of class. \$1/class.

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

Zumba Gold – Wednesdays 1-2pm. 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! Cost is \$2/class.

Line dancing – NEW CLASS TIMES- Thursdays. Intermediate Line Dancing 9:15am-10:05am; followed by Beginner Line Dancing from 10:10am-11am. 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 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