

## **March 2015 Senior Center Information**

**Drumming Program-** join us on Tuesday, March 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.

**Tour Talladega Track and Museum on Tuesday, March 10-** Cost to reserve your spot is \$17/person. (Includes transportation, admission for tour of museum, van ride and tour of track/pit area) Space is limited. Bring \$10-\$12 for lunch.

**Old Town Montgomery Tour-** Join us on Wednesday, March 18 as we travel to Montgomery's Old Town. We will enjoy a walking tour of the "Living Block". This historic village creates its own unique image of the past. You will visit an 1820 log cabin, a corner grocery store, school house, country doctor's office, church and a carriage house. Cost is \$11 to reserve your spot and includes transportation and admission for tour. Bring \$10-\$12 for lunch.

**Ebenezer Swamp Tour-** Thursday, March 26 we will tour the Ebenezer Swamp located in Montevallo. You will take a walking guided tour of the 400 foot boardwalk and see sculptures, flowers and endangered plant species. Cost is \$1 to reserve your spot. Bring \$10-12 for lunch.

**Birmingham Southern Environmental Center-** Join us on Tuesday, March 31 as we take a tour of an interactive museum, tour the eco-scape and create eco-art. \$5.00 to reserve your spot and includes transportation, tour and art. Bring \$12-15 for lunch.

**Ageless Adventures in Movement- using 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 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.

**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.

**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
  
- Rook: Wednesdays at 9:00 am
- Arthritis Exercise: Wednesdays at 10:00 am
- Zumba Gold (exercise): Wednesdays at 1:00 pm
  
- 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)**