

Hoover

March 2017

# New Horizons

SENIORS STAYING INVOLVED WITH LIFE

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## Membership Fees

Hoover Residents

55+ \$10 annually

(For further pricing  
information, please call)

## Luncheon...

Tuesday, March 28, 2017 - 11:00AM  
at the Hoover Senior Center

### THE WESTWOOD IRISH DANCERS



Mrs. Amanda Tucker Poole, TCRG is the instructor for the Drake School of Irish Dance in Auburn and Birmingham, Alabama, producing National and World Championship qualifiers. Amanda received her TCRG in December 2011, and graduated cum laude from Columbus State University with a Bachelor of Business Administration degree that same month.

The students enjoy performing for the community throughout the year, and hold an annual Spring Performance to showcase what they have learned. Dancers have the added benefit of being eligible to compete, as Mrs. Amanda is fully accredited through An Coimisiun le Rinci Gaelacha (CLRG) in Dublin, Ireland, as well as the Irish Dance Teacher's Association of North America and the Southern Region.

We welcome the Westwood Irish Dancers, an affiliate of the Drake School of Irish Dance to the March 2017 Hoover New Horizons Luncheon!

Hoover Parks and Recreation Department  
www.hooveralabama.gov • 205.739.6700 • fax: 205.739.6705

## MENU

Corned Beef OR

Turkey Reuben

Potato Salad

Pickle

Cookie

Coffee/Tea

Caterer:

Jason's Deli

**Reservation  
Deadline:  
Friday,  
March 24, 2017  
1:00 PM**

**Cost: \$10.00**  
ALL PAYMENTS  
received (including  
mailed checks)  
after this date/time  
will be returned.

Limit to 150 guests  
(or until capacity is reached)

**Make check payable to:  
Hoover New Horizons**

**Mail to:**  
400 Municipal Drive  
Hoover, AL 35216  
or hand deliver  
to facility

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## MISSION STATEMENT

The Hoover Senior Center exists as a partnership to serve and empower senior adults by providing a variety of opportunities that promote quality of life through social engagement, physical well-being, community involvement, creativity, and life-long learning.

## VISION STATEMENT

The Hoover Senior Center will be recognized as a model for excellence in providing opportunities, programs, and services for older adults. Through a dedicated team, we commit to enriching the lives of seniors as we serve and empower them in a positive and safe environment.



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## HOOVER EXPRESS

**PURPOSE:** TO PROVIDE TRANSPORTATION TO DOCTOR APPOINTMENTS, SHOPPING AND ERRANDS FOR THE CITIZENS OF HOOVER 55 YEARS OF AGE AND OVER THAT ARE UNABLE TO PROVIDE TRANSPORTATION OF THEIR OWN.

You must be a member of the Hoover New Horizons to use this service. Hoover New Horizons Membership Fee: \$10.00 (must be a Hoover Resident)

### TUESDAYS AND THURSDAYS:

Doctors' offices and hospitals

### MONDAYS AND WEDNESDAYS:

Errands in Hoover only. (Examples: beauty shops, Galleria, grocery stores, etc.)

### EXPRESS RIDERS:

If you would like a ride, please call Tracy at 739-6767 to make an appointment.

Please leave the day and time of the appointment along with your name, address and phone number on Tracy's voicemail. Please specify in your voicemail message if you have any equipment you will be bringing, such as a walker. If you are calling for a doctor's appointment please leave the number of the doctor's office as well.

### THE HOOVER EXPRESS DOES NOT OPERATE ON HOLIDAYS.

Please see your Express brochure for procedures regarding appointments around holidays.

Call Fridays from 8:00AM-10:00AM for Monday appointments. Call Mondays from 8:00AM-10:00AM

for Tuesday through Thursday appointments. Space is limited, so call as early as possible.

**TO INQUIRE ABOUT THIS SERVICE  
PLEASE CALL TRACY AT 739-6767!**

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## 2017 HOOVER NEW HORIZONS ADVISORY BOARD



Ray Dugas – President

Paul Brown – Vice President

Donna Thompson – Secretary

Ron Christman – Treasurer

Suzanne Challiss, Ginger Long, Harriet

McQueen, Tillie Powers, Odessa Usher,

Polly Walton, Donna Wiltsey

# MARCH ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Daily Lunch</b> Served at 11:30AM Limited meals! Sign up begins at 8:00AM First come, First serve <b>Suggested Donation:</b> <b>\$1.50</b> Pick up menu at Hoover Senior Center</p>		<p>1 Pilates-8:15 Beg. Line Dancing-9:15 Impr. Line Dancing-9:15 Adv. Line Dancing-10:15 Exercise I-10:30 Canasta-12:00 Cards-12:00 Turn It Up Fitness-1:30 Tai Chi-3:00</p>	<p>2 Advanced Yoga-8:30 Pokeno-10:00 TBS Exercise-10:30 Canasta (Ponytail)-12:00 <i>Birthday Bash-12:30</i> Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>3 Art Class-8:15 Exercise II-9:00 The Friday Game-10:00 Exercise I-10:30 Open Bridge-11:30  <i>Movie Matinee-12:00</i></p>
<p>6 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Canasta-12:00 Cards-12:00 Chair Yoga-12:15 Turn It Up Fitness-1:30</p>	<p>7 Advanced Yoga-8:30 Beginning Yoga-10:00 Chess Group-10:00 Tech Sessions-11:00 Chess Class-12:00 <i>Books to You-12:15</i> Ballroom Dancing-1:30 Wood Carving-1:30</p>	<p>8 Pilates-8:15 Beg. Line Dancing-9:15 Impr. Line Dancing-9:15 Book Club-9:30 Adv. Line Dancing-10:15 Exercise I-10:30 Canasta-12:00 Cards-12:00 Turn It Up Fitness-1:30 Tai Chi-3:00</p>	<p>9 Advanced Yoga-8:30 TBS Exercise-10:30 Lunch Bunch-11:00 Canasta (Ponytail)-12:00 <i>Bingo w/ Fair Haven-12:15</i> Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>10 Art Class-8:15 Exercise II-9:00 Pokeno-10:00 Exercise I-10:30 Open Bridge-11:30</p>
<p>13 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Canasta-12:00 Cards-12:00 Blood Pressure Checks-12:15 Chair Yoga-12:15 <i>Cooking Demo-12:15</i> Turn It Up Fitness-1:30</p>	<p>14 Advanced Yoga-8:30 Beginning Yoga-10:00 Board Meeting-10:00 Chess Group-10:00 Tech Sessions -11:00 Trips and Tours Meeting-11:15 Chess Class-12:00 Ballroom Dancing-1:30 Wood Carving-1:30</p>	<p>15 Pilates-8:15 Beg. Line Dancing-9:15 Impr. Line Dancing-9:15 Pokeno-10:00 Adv. Line Dancing-10:15 Exercise I-10:30 Canasta-12:00 Cards-12:00 Turn It Up Fitness-1:30 Tai Chi-3:00</p>	<p>16 Advanced Yoga-8:30 TBS Exercise-10:30 Canasta (Ponytail)-12:00 Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>17 Art Class-8:15 Exercise II-9:00 The Friday Game-10:00 Exercise I-10:30 Open Bridge-11:30  <i>Penny Auction-12:15</i></p>
<p>20 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Canasta-12:00 Cards-12:00 Chair Yoga-12:15 Turn It Up Fitness-1:30</p>	<p>21 Advanced Yoga-8:30 Beginning Yoga-10:00 Chess Group-10:00 Tech Sessions-11:00 Chess Class-12:00 <i>Speaker-12:15</i> Ballroom Dancing-1:30 Wood Carving-1:30</p>	<p>22 Pilates-8:15 Beg. Line Dancing-9:15 Impr. Line Dancing-9:15 Adv. Line Dancing-10:15 Exercise I-10:30 Canasta-12:00 Cards-12:00 Sports Talk-1:00 Turn It Up Fitness-1:30 Tai Chi-3:00</p>	<p>23 Advanced Yoga-8:30 TBS Exercise-10:30 Canasta (Ponytail)-12:00 <i>Bingo w/Affinity-12:15</i> Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>24 Art Class-8:15 Exercise II-9:00 Driver's meeting-9:00 Pokeno-10:00 Exercise I-10:30 Open Bridge-11:30 <i>OLLI Speaker-12:15</i>   <i>Deadline for HNH Luncheon-1:00</i></p>
<p>27 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Canasta-12:00 Cards-12:00 Blood Pressure Checks-12:15 Chair Yoga-12:15 NO Turn It Up Fitness Luncheon Set Up-1:30</p>	<p>28 NO YOGA Chess Group-10:00 Tech Sessions-11:00 Chess Class-12:00 Ballroom Dancing-1:30 Wood Carving-1:30  <i>HNH Luncheon-11:00</i></p>	<p>29 Pilates-8:15 Beg. Line Dancing-9:15 Impr. Line Dancing-9:15 Adv. Line Dancing-10:15 Exercise I-10:30 Canasta-12:00 Cards-12:00 Turn It Up Fitness-1:30 Tai Chi-3:00</p>	<p>30 Advanced Yoga-8:30 TBS Exercise-10:30 Canasta (Ponytail)-12:00 Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>31 Art Class-8:15 Exercise II-9:00 Exercise I-10:30 Open Bridge-11:30  <i>Jazz Concert-12:30</i></p>

# ACTIVITIES CLASSES & WORKSHOPS

## Adult Coloring

Adult coloring is a type of coloring containing line art to which a person may add color using crayons, colored pencils, markers, pens, paint or other artistic media. This activity is available daily in the Sunroom if it is not reserved.

## Ballroom Dancing w/Sterling Burroughs

Ballroom Dancing instruction is held in the Auditorium on Tuesdays from 1:30PM to 2:00PM and open dance lasts until 2:30PM. During this class you will learn a variety of dances such as the foxtrot and quickstep. **You will need suede or leather sole shoes.**

## Bingo

Bingo is held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday from 12:15PM to 1:00PM in the Gentle Room UNLESS otherwise specified in the Activities Calendar at the Senior Center.

## Blood Pressure Checks

Blood pressure checks are held on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays from 12:15PM to 12:45PM in the Gentle Room. Our free blood pressure checks are given by our EMS officers at the above times. (Dates are subject change due to their schedules.)

## Book Club

The Hoover Library's Pam Bainter hosts a monthly book club here at the Senior Center. This group meets the 2<sup>nd</sup> Wednesday of the month from 9:30AM to 11:00AM in the Lounge. This month's book is going to be *Lawrence In Arabia* by Scott Anderson.

## Bridge

Please call Nancy Moore at 979-5116.

This is a closed group; however, call Nancy to be added to the sub list. This group meets Mondays from 9:30AM to 2:30PM in the Creative Arts Room.

## Bridge-Open Group

Experienced, Intermediate and Beginners are all welcome. No registration required. All you have to do is show up and have fun! This group meets every Friday from 11:30AM until 3:00 PM in the Creative Arts Room. There is no instruction for this activity.

## Canasta (Ponytail)

Ponytail Canasta is a variation of the card game Canasta. If you would like to learn how to play this game join us on Thursdays from 12:00PM until 4:00PM in the Sunroom.

## Canasta (Samba)

The samba version of Canasta is played with three decks of cards and a tray. The game is best played with 3 or 4 players. This is an uncomplicated card game so come join in every Monday and Wednesday from 12:00PM to 3:00PM in the Lounge.

## Cards

Join fellow members as they play a variety of card games on Mondays and Wednesdays from 12:00PM to 3:00PM in the Lounge.

## Chair Yoga

This class is held on Mondays from 12:15PM to 1:15PM in the Auditorium and is taught by Carol Byrd. Chair Yoga has many benefits such as increasing flexibility, strength and energy as well as improving memory and coordination. This exercise is accessible for all. **A mat is required.**

## Chess Group/Class

Chess is universally proven as an EXCELLENT way to develop the cognitive abilities. John Hodnett, Senior Center volunteer coordinator of this class along with instructor, Balagee Govindan are willing to get you well on your way. Play begins at 10:00AM on Tuesdays and the class is held from 12:00 Noon to 1:00PM in the Creative Arts Room.

## Crocheting

This class is Thursdays from 2:00PM to 4:00PM in the Gentle Room. Join Helen Tankersley as she guides you through the art of crocheting. Please provide your own materials for this class. Students will need to bring a crochet hook size (G, H, or J) and some light colored yarn.

## Drawing and Creative Arts with Lana

Art is for everyone! Join instructor Lana as she helps you create a variety of drawings for yourself and your loved ones. This class is held on Fridays from 8:15AM to 10:30AM in the Creative Arts Room.

**Exercise I (Gentle Aerobics)** led by Sally Doak, is offered on Mondays, Wednesdays and Fridays from 10:30 AM to 11:15AM in the Auditorium. This class features stretching exercises, low impact aerobics and chair exercises while using exercise bands. Participants are encouraged to wear tennis shoes/or non-slick bottomed shoes in the exercise classes.

**(NO ADMITTANCE ONCE CLASS HAS STARTED.)**

## Exercise II (Aerobics Plus)

This class is led by Kathy Kaimanesh and is offered on Mondays and Fridays from 9:00 AM to 10:00AM in the Auditorium. This class offers variations of low/high impact aerobics, body sculpting with free weights/exercise bands and floor exercises. **Participants are required to bring a mat and wear tennis shoes/or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCE ONCE CLASS HAS STARTED)**

**\*If you are a new participant you must meet with the instructor prior to the class beginning to go through an orientation.**

## Knit Wits

Knitting classes are held on Mondays from 10:00AM to 12:00PM in the Sunroom. Members can hone their skills and learn new ones. Francine Pearson is the instructor.

## Line Dancing (Advanced)

For all those avid line dancers out there, this might just be for you. Join this small group of other dancers as they

# ACTIVITIES CLASSES & WORKSHOPS

perfect familiar dances and try out new advanced moves! This group, led by Barbara Traywick and Beverly Strong, meets Wednesdays from 10:15AM to 11:15AM in the Creative Arts Room. Space is limited. A \$4.00 donation is requested.

## Line Dancing (Beginning)

If you have never danced before, please take advantage of the chance to learn basic steps on Wednesdays from 9:15AM to 10:15AM in the Creative Arts Room. This class will be taught by Margie Maughan. A \$4.00 donation is requested.

## Line Dancing (Improver)

This class is led by Barbara Traywick. In addition to learning the dances, everyone is getting a great workout. Join in the fun on Wednesdays from 9:15AM to 10:15AM and Thursdays from 2:00PM until 3:00PM in the Auditorium. A \$4.00 donation is requested.

## Lunch Bunch

Lunch Bunch is a fun way to socialize with others by dining out once a month at various restaurants in the area. This month they will be dining on **Thursday, March 9<sup>th</sup> at Niki's West**. Please arrive at the Center at 10:45. We will depart at 11:00AM. The cost is \$2.00 upon departure from the Senior Center. Sign up in the Horizons Office of the Hoover Senior Center **beginning Tuesday, February 28<sup>th</sup>**. For any other information, call Betty Kuykendall at 979-0742 or Merry Gordon Jones at 428-1331.

## Pilates

This class is led by Kathy Kaimanesh and is offered Wednesdays from 8:15AM to 9:00AM in the Auditorium. Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. Exercise mat and pilates ring required.

## Pokeno

Move over Bridge--a new home party game has taken center stage. A combination of cards and Bingo, Pokeno is perfect for young and old. Pokeno, led by volunteer Betty Wallace, is played the 1<sup>st</sup> Thursday and 3<sup>rd</sup> Wednesday of the month from 10:00 AM to 12:30 PM in the Hayes Room as well as the 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month in the Lounge.

## Songbirds

This group led by Inez Saia performs familiar songs at many surrounding nursing homes and assisted living facilities.

## Sports Talk

Let's talk sports! Join in a group discussion on the 4<sup>th</sup> Wednesday of the month from 1:00PM to 2:00PM in the Gentle Room. Sports experts will be available to answer questions. A different topic will be discussed each month.

## Tai Chi

Tai Chi is a mind body exercise that is easy on the joints and produces a plethora of health benefits. This class is led by instructor Kathy Hagood on Wednesdays from 3:00PM to 4:00PM in the Auditorium. A \$4.00 donation is requested.

## Technology Sessions

Volunteers Ed Auslander and Helen Tankersly are available by appointment to answer your tech questions regarding computers or other tech devices (smart phone/ipad/tablets) on Tuesdays from 11:00AM until 2:00PM in the computer lab. Call 739-6700 to make an appointment.

## Toning Balance and Strength (T.B.S) Exercise

This intermediate class for various levels of ability will be led by Kathy Kaimanesh Thursdays from 10:30AM to 11:15AM in the Auditorium. **(NO ADMITTANCE ONCE DOORS CLOSE)**

## Turn It Up Fitness

Join us as we exercise to video routines of former instructor Elizabeth Onia. Dance routines are designed for beginners and older adults using modified movements. It is a great workout and lots of fun! We meet Mondays and Wednesdays from 1:30 PM to 2:30PM in the Auditorium unless otherwise specified on the calendar. If you have questions about the class, call Jen Eubanks at 988-0897.

## Watercolor Group

This club meets on Thursdays from 1:00 PM to 3:00PM in the Creative Arts Room as a group only. (No instruction is included)

## Woodcarving

Join Richard Strahan as he shares different methods and techniques to wood carving. This class will be held on Tuesdays from 1:30 to 3:30 in the Creative Arts Room. **Required materials for this activity are a carving knife, protective glove and wood.** For information on places to find supplies you may contact Richard at 383-5366 or the welcome desk at 739-6700.

## Yoga (Advanced)

This form of Yoga is a continuation of Beginning Yoga. Advanced Yoga focuses on more intense breathing, stretching and coordination exercises. The class is held on Tuesdays (except the 4<sup>th</sup> Tuesday) and Thursdays from 8:30AM to 9:45AM in the Auditorium unless otherwise specified in calendar. **You will be barefoot during this class, and a yoga mat is required.**

## Yoga (Beginning)

This class is held on Tuesday's from 10:00AM to 11:15AM in the Auditorium (except the 4<sup>th</sup> Tuesdays.) Join instructor Carol Byrd as she introduces you to breathing, stretching and coordination exercises. **Yoga mat required.**

# THIS MONTH

# ...at the Senior Center

## Monthly Birthday Bash

1<sup>st</sup> Thursday of each month

Sponsored by Amedisys Hospice

## Movie Matinee

Friday, March 3, 2017  
12:00PM

The movie is listed at the Senior Center.  
Register by calling 739-6700 or sign up  
at the welcome desk.

Sponsored by First Light Home Care



## Sports Talk

Wednesday, March 22, 2017  
1:00PM

Join in a group discussion on sports. Experts will be available to answer questions. A different topic will be discussed each month.



## Books to You

Tuesday, March 7, 2017  
12:15PM

Topic: **When the Astor's Owned New York: Blue Bloods and Grand Hotels in a Gilded Age**, by Justin Kaplan. The book tells the true story of four generations of the Astor Family and their rise to "Blue Blood" leaders of society, their real estate investments, mansions, and private/public lives during the Gilded Age of 1870-to early 1900's.

## Health Care Starts with Healthy Eating

Friday, March 24, 2017  
12:15PM – 1:15PM

Presented by: Betsy Frazer, RN  
This is an OLLI bonus course



COOKING DEMO W/  
CHEF THERESA

MONDAY  
MARCH 13, 2017

12:15PM

SPONSORED BY:  
GALLERIA WOODS



JAZZ CONCERT W/ MARIAN MCKAY  
FRIDAY, MARCH 31, 2017  
12:30PM – 1:30PM

JOIN US FOR JAZZ MUSIC AND LIGHT REFRESHMENTS!  
SPONSORED BY: HOOVER NEW HORIZONS AND SKYLINE VILLAGE

# TRIPS & TOURS

## ***LET'S GO TO THE THEATER!***

To reserve your ticket place your check in the Trips & Tours box by the front desk.  
A minimum of ten people is required for each performance.

\*Sunday matinee, April 23, 2017: *The Marvelous Wonderettes*, at the *Virginia Samford Theater*  
\$35 per person, reserve by March 17, 2017

\*Saturday matinee, May 6, 2017: *Sherlock Holmes* at *The State Theater*, Montgomery  
\$70 per person; includes AL Archives and lunch. Reserve by April 13, 2017

\*Wednesday matinee, June 14, 2017: *Fiddler on the Roof* at the *Dorothy Jemison Day Theater*  
\$40 per person; reserve by April 21, 2017

\*\*For more information on any of these trips please contact: Suzanne Challiss at 822-5210\*\*

## **CASINO TRIP BILOXI, MS**

**April 5-6**

Visit two casinos and stay at the Palace Casino

Cost: \$120 per person-double occupancy

\$155 per person-single occupancy

Your Reservation for this trip is a deposit of \$50 per person

Final payment due March 3, 2017

Hosts: Ron and Jan Christman 823-4109

**SPACE IS STILL AVAILABLE!**

### **Members helping Members...**

**Are you interested in a group for widows/widowers?**

**If so, please call 739-6700 or stop by the welcome desk.**

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**Please be mindful of traffic and pedestrians as well as reducing speed when entering and exiting the parking lot.**

**Hoover Senior Center**  
**400 Municipal Drive**  
**Hoover, AL 35216**

PRESORT STD.  
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