

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, September 26, 2017 - 11:00AM
at the Hoover Senior Center

Ryan & Roger

Ryan Robertson and Roger Hammett are two great friends who have been making music, telling jokes and entertaining folks for over 26 years in the Heart of Dixie!



Ryan is usually the serious one of the duo who plays keyboards and who also does a majority of the singing. Roger is the comedian and most musically talented of the duo. He plays the drums, the banjo, the guitar, the harmonica, and even the piano! He is the shining star of the duo.

Ryan and Roger met at the Clay County Blueberry Festival back in the early 90's. Roger was touring with the legendary Grandpa Jones at the time, when Ryan invited him to sit in with his family band at the festival. The two developed a great friendship, a unique show and have entertained all over the South. From 1992 to 1997, Ryan and Roger entertained thousands each summer day at the theme park "Six Flags over Georgia." Some of the most exciting venues they have been honored to have played include the World Famous Blue Bird Cafe in Nashville, the lighting of the Macy's Christmas tree in Atlanta, Mardi Gras in Mobile, and the Hoover Library in Birmingham.

Ryan & Roger are steadfast Jesus believers. They enjoy entertaining all kinds of folks and always providing good clean family entertainment. The two can be found playing local churches and venues with Carter-Robertson Gospel group and also with a fun group called Lard Bucket.

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

MENU

- Chicken tetrazzini
- Squash casserole
- Tossed salad
- Rolls
- Chocolate cake
- Tea/coffee
- Caterer:**
All Around Town

**Reservation
Deadline:**
**Friday,
September 22, 2017
1:00 PM**
Cost: \$10.00
ALL PAYMENTS
received (including
mailed checks)
after this date/time
will be returned.
Limit to 130 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

THIS MONTH

...at the Senior Center

Movie Matinee

Friday, September 1 at 12:00PM

Sponsored by Rehab Select at Shelby Ridge

Sign up at the welcome desk or by calling 739-6700.

The movie is listed at the Senior Center.



Dessert with the Doc

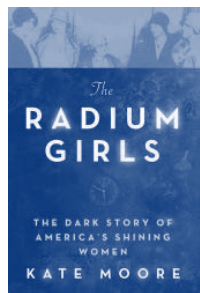
Tuesday, September 19
at 12:15PM

Project Pink: Women's Health

Sponsored by Grandview Medical Center

Sign up at the welcome desk or by calling 205-739-6700.

*Space is limited.



Books to You

Tuesday, September 12
at 12:15PM

Book Topic: Radium Girls:

The Dark Story of America's Shining Women
by Kate Moore

This book illuminates certain young women and the challenges they faced in the 1920s and early 1930s when they were exposed to radium, a new substance thought to have healthy benefits, but resulted in a horrific battle for their lives.



Let's Have a Heart-TO-Heart

Wednesday, September 27
at 12:15PM

Join Dr. Morales as he discusses Atrial Fibrillation (AFIB), from diagnosis to treatment.

Sponsored by Grandview Medical Center

Anatomy of the Brain

Wednesday,
September 13 at 12:15PM

Learn about the brain's makeup, MRI's and research projects.

Sponsored by UAB



Birthday Bash

Thursday, September 28
at 12:15PM

Sponsored by Affinity Hospice



AARP Defensive Driving Workshop

Friday, September 29
9:00AM-3:00PM

Cost: \$15 for AARP Members and
\$25 for Non-members



Sign up at the welcome desk or by calling 205-739-6700.

*Space is limited.



Ebooks and Streaming Media Help

Thursday, September 14 and 28
from 1:00PM-3:00PM

Make an appointment by calling 205-739-6700.

SEPTEMBER ACTIVITIES CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily Lunch Served at 11:30AM Limited meals! Sign up begins at 8:00AM First come, First serve Donations accepted Pick up menu at Hoover Senior Center</p>				<p>1 NO Art Class Exercise II-9:00 NO The Friday Game Exercise I-10:30 NO Open Bridge</p> <p><i>Movie Matinee-12:00</i></p>
<p>4</p> <p>CLOSED For Labor Day</p>	<p>5</p> <p><u>Center closed for Renovations</u> (Daily lunch still served at the Hoover Lake House)</p>	<p>6</p> <p><u>Center closed for Renovations</u> (Daily lunch still served at the Hoover Lake House)</p>	<p>7</p> <p><u>Center closed for Renovations</u> (Daily lunch still served at the Hoover Lake House)</p>	<p>8</p> <p><u>Center closed for Renovations</u> (Daily lunch still served at the Hoover Lake House)</p>
<p>11</p> <p>Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Canasta-12:00 BP Checks-12:15 Chair Yoga-12:15 Zumba Gold-1:45</p>	<p>12</p> <p>Continuing Yoga-8:30 Board Meeting-10:00 Classic Yoga -10:00 Chess Group-10:00 Tech Sessions-11:00 Trip & Tour Mtg-11:15 Chess Class-12:00 <i>Books to You-12:15</i> Ballroom Dancing-1:30</p>	<p>13</p> <p>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 <i>Speaker-12:15</i> Zumba Gold-1:45 F.I.T. Group-2:00 Tai Chi-2:50</p>	<p>14</p> <p>Continuing Yoga-8:30 Mexican Train-10:00 Writing Group-10:00 TBS Exercise-10:30 Lunch Bunch-11:00 Canasta (Ponytail)-12:00 <i>Bingo w/ Home Care Asst-12:15</i> Watercolor-1:00 <i>Media Help-1:00</i> Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>15</p> <p>Art Class-8:15 Exercise II-9:00 The Friday Game-10:00 Exercise I-10:30 Open Bridge-11:30</p>
<p>18</p> <p>Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Canasta-12:00 Chair Yoga-12:15 Zumba Gold-1:45</p>	<p>19</p> <p>Continuing Yoga-8:30 Classic Yoga -10:00 Chess Group-10:00 Tech Sessions -11:00 Chess Class-12:00 Ballroom Dancing-1:30</p> <p><i>Dessert with a Doc-12:15</i></p>	<p>20</p> <p>Pilates-8:15 Beg. Line Dancing-9:15 Impr. Line Dancing-9:15 Adv. Line Dancing-10:15 Pokeno-10:00 Exercise I-10:30 Canasta-12:00 Zumba Gold-1:45 Tai Chi-2:50</p>	<p>21</p> <p>Continuing Yoga-8:30 Writing Group-10:00 TBS Exercise-10:30 Canasta (Ponytail)-12:00 Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-2:00</p> <p><i>Senior Resource Fair @ Hoover Met-9:30-11:30</i></p>	<p>22</p> <p>Art Class-8:15 Exercise II-9:00 Pokeno-10:00 Exercise I-10:30 Open Bridge-11:30</p> <p><i>Deadline for HNH Luncheon-1:00</i></p>
<p>25</p> <p>Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Canasta-12:00 BP Checks-12:15 Chair Yoga-12:15 NO Zumba Gold Luncheon set-up-1:30</p>	<p>26</p> <p>NO Yoga Chess Group-10:00 Tech Sessions-11:00 Chess Class-12:00 Ballroom Dancing-1:30</p> <p><i>HNH Luncheon-11:00</i></p>	<p>27</p> <p>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 <i>Speaker-12:15</i> <i>Mending w/ Peggy-12:30</i> Zumba Gold-1:45 F.I.T. Group-2:00 Tai Chi-2:50</p>	<p>28</p> <p>Continuing Yoga-8:30 Mexican Train-10:00 TBS Exercise-10:30 Canasta (Ponytail)-12:00 <i>Birthday Bash-12:15</i> Watercolor-1:00 <i>Media Help-1:00</i> Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>29</p> <p>Art Class-8:15 Exercise II-9:00 Pokeno-10:00 Exercise I-10:30 Open Bridge-11:30</p> <p><i>AARP Workshop-9:00</i></p>

ACTIVITIES & CLASSES

Available daily:

Adult coloring, Billiards, Table Tennis, Rummikub, and Wii bowling

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 seniors learn a variety of dances such as the foxtrot and quickstep.

Bingo

Bingo is held on the 2nd and 4th Thursday from 12:15PM to 1:00PM in the Gentle Room UNLESS otherwise specified in the Activities Calendar at the Senior Center. Bingo is a chance game where individuals using numbered cards, mark numbers when they are called in hopes of winning. Prizes are provided by community sponsors.

Birthday Bash

This activity is held the first Thursday of each month at 12:15PM in the Gentle Room. Members are invited to come celebrate their birthdays with their peers. A community sponsor provides birthday treats and hosts bingo or a similar activity for the participants.

Book Club

The Hoover Library's Pam Bainter hosts a monthly book club here at the Senior Center. This group meets the 2nd Wednesday of the month from 9:30AM to 11:00AM in the Lounge. Each month they choose a book highlighting different genres, cultures and other special interests. This month's book is going to be *Losing Julia* by Jonathan Hull.

Bridge

This group meets Mondays from 9:30AM to 2:30PM in the Creative Arts Room. Bridge is a strategizing game using a deck of 52 cards. Each group consists of 4 players in competing partnerships. Call Nancy Moore at 979-5116 to be added to the substitution list.

Bridge-Open Group

Experienced, Intermediate and Beginners are all welcome. This group meets every Friday from 11:00AM until 3:00 PM in the Creative Arts Room. Bridge is a strategizing game using a deck of 52 cards. Each group consists of 4 players in competing partnerships.

Canasta (Ponytail)

Ponytail Canasta is a variation of the card game Canasta, which is a game played with multiple decks of cards. This game is played on Thursdays from 12:00PM until 3:30PM 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.

Chess Group/Class

Chess is universally proven as an excellent way to develop cognitive abilities. During each class participants are taught new moves and strategies by instructor Balagee Govindan. 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 1:30PM to 3:30PM in the Gentle Room. Join Helen Tankersly 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, 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 using multiple techniques. This class is held on Fridays from 8:15AM to 10:30AM in the Creative Arts Room.

Exercise I (Gentle Aerobics)

This class features stretching exercises, low impact aerobics and chair exercises while using exercise bands. Participants are encouraged to wear tennis/non-slick shoes. This class, led by instructor Sally Doak, is held Mondays, Wednesdays and Fridays from 10:30AM to 11:15AM in the Auditorium. ***(OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, 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 9:00AM 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/non-slick shoes. (OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, 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.***

F.I.T. (Friends In Touch) Group

Sometimes we as seniors can feel unconnected, so it's our goal for us to get to know others better. Friends In Touch is a group that meets the 2nd and 4th Wednesdays of the month at 2:00PM in the Gentle Room. For more information contact Polly Walton at Pollywalton10@yahoo.com.

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 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. 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 Auditorium. This class will be taught by Margie Maughan. A \$4.00 donation is requested.

ACTIVITIES & CLASSES

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, September 14th at Formosa**. Please arrive at the Center at 10:45AM. 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, August 22nd**. For any other information, call Merry Gordon Jones at 428-1331.

Mending w/Peggy

Volunteer Peggy Carroll will be available to do light mending on a first come, first serve basis. This service is offered the 4th Wednesday of the month from 12:30PM to 3:30PM in the Creative Arts Room.

Mexican Train

Mexican Train, led by Joyce Britnell, is a version of dominoes and can be played with multiple players. This game is played on the 2nd and 4th Thursdays from 10:00AM-12:00PM in the Creative Arts room.

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. **An exercise mat and a 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 1st Thursday and 3rd Wednesday of the month from 10:00 AM to 12:30 PM in the Hayes Room as well as the 2nd and 4th Friday of the month in the Lounge.

Poker

Poker is a family of card games that combine gambling, strategy, and skill. This game is played on Tuesdays and Thursdays from 12:30PM to 3:30PM in the Lounge.

Songbirds

This choral group made up of Hoover Senior Center members is led by Inez Saia. They perform familiar songs at many surrounding nursing homes and assisted living facilities.

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 2:50PM to 3:50PM in the Auditorium.

Technology Sessions

Volunteers Ed Auslander and Helen Tankersley 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. Please make sure your device is charged and bring any necessary passwords. 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. **(OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED.)**

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)

Writing Our Stories

Join facilitator, Dot Coltrane, as she guides you through writing down your stories for your children and grandchildren. This group will meet the 1st and 3rd Thursdays from 10:00AM-11:30PM in the Creative Arts Room. This group will meet August-November.

Yoga (Classic)

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

Yoga (Continuing)

This form of Yoga is a continuation of classic Yoga. Continuing Yoga focuses on more intense breathing, stretching and coordination exercises. The class is held on Tuesdays (except the 4th 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 (Chair)

This class led by Carol Byrd, is held on Mondays from 12:15PM to 1:15PM in the Auditorium. 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 yoga mat is required.**

Zumba Gold

This class is taught by instructor Tamryn Etten-bohm and meets Mondays from 1:45PM-2:45PM (except the 4th Monday) and Wednesdays from 1:45PM-2:30PM. Wednesday's class will consist of 15 minutes of video workout followed by 30 minutes of instructor workout. Zumba Gold is a less intense version of original Zumba. This class is designed for beginners and older adults using modified movements.

TRIPS & TOURS/ANNOUNCEMENTS

Information flyers are available at the Senior Center. To reserve, write a separate check payable to Hoover New Horizons for each trip and place in the Trips and Tours Reservation box at the Senior Center. Include your phone number, name of trip and names/phone numbers of any others you are paying for. Unless noted, trips are on the Hoover bus and require a minimum of 20 persons. Trips depart from the Hoover Safety Center on Valleydale.

Wild Alabama Nature Tour

September 27

Visit Cahaba Valley & Perry Lakes Park with expert guide Ken Wills. Easy walking.

Includes lunch at Sawmeal Cafe in Brent.

Price \$32. Reserve by Sept. 8th.

Host: Leonard Loudermilk 533-0350

RETURN TO YESTERDAYS

EVENT CENTER IN ATHENS, AL

Golden Oldies of the 50s & 60s
performed live by The Cadillacs

\$22 includes Lunch

THURSDAY, OCTOBER 19

Host: Leonard Loudermilk 533-0350

Reserve by Sept. 30



FUN FOOD FESTIVAL DAY-TRIPS COMING THIS FALL!!

Thursday, September 14 St. George Middle Eastern Food Fest

Saturday, October 14 Swedish Festival, Thorsby

Saturday, November 5 Russian Food Festival, Brookside

Thursday, October 5

Oktoberfest, Cullman



**The Senior Center will be CLOSED
Monday, September 4 for Labor Day.**

**The Senior Center will be CLOSED
September 5th – 8th for renovations.**

Our regular lunch will still be served daily at 11:30am at the Hoover Lake House,
300 Municipal Lane. Normal procedure for lunch sign-up will still apply.

**Senior Resource Fair, Thursday, September 21st, 9:30-11:30
Hoover Met Banquet Room, 100 Ben Chapman Dr., Hoover, AL**

The resource fair for senior citizens will include representatives from
Social Security, Medicare & Medicaid, IRS, US Postal Service, Veterans Affairs, and more!

For more information call: 205-968-1290

**Are you interested in serving on the Hoover New Horizons board in 2018?
Applications are available at the welcome desk.**

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.



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.

Please note: seniors that live in a community that provides transportation are ineligible for this service. You must be a member of the Hoover New Horizons to use this service. Hoover New Horizons Membership Fee: \$10.00 annually (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 our Express Line at 739-7351 to make an appointment. Please leave the day and time of the appointment along with your name, address and phone number on the 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 KIMBERLY AT 739-6700!**

2017 HOOVER NEW HORIZONS ADVISORY BOARD



Ray Dugas – President

Paul Brown – Vice President

Donna Thompson – Secretary

Ron Christman – Treasurer

Suzanne Challiss, Harriet McQueen,

Tillie Powers, Venda Terry, Odessa Usher,

Polly Walton, Donna Wiltsey

Hoover Senior Center
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Hoover, AL 35216

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