

# New Horizons

SENIORS STAYING INVOLVED WITH LIFE

## Staff

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## Membership Fees

Hoover Residents

55+ \$10 annually

(For further pricing

information, please call)

## Luncheon...

Tuesday, January 23, 2018 - 11:00AM  
at the Hoover Senior Center

### Mayor Frank Brocato



Mayor Frank Brocato will be here to give the State of the City Address at this month's Horizons luncheon. Mayor Brocato was elected in August 2016 and has a long history of service to the people of Hoover. He served as a Hoover Firefighter for forty years, starting in 1974 as a basic firefighter. Through the years, he became a paramedic, and worked his way up through the ranks to become

Battalion Chief. He received his Paramedic License from UAB in 1974, his A.A.S. in Fire Science in 1979 from Jefferson State, and a Bachelor's Degree in Psychology and Sociology in 1982 from Birmingham Southern College.

His experience as a public servant, developing incident action plans, commanding major building fires, medical emergencies, large-scale weather emergencies, public gatherings, and community celebrations, such as visits by the United States President to the City of Hoover, have prepared him for the leadership position of Mayor. Brocato values a community that is smoothly managed.

During his service to the City, he had the opportunity to work across government and private sectors. His experience preparing the budget for the fire department, leading an award-winning EMS team, and working with city leaders on planning and zoning, Human Resources, E-911 and information technology earned him a sound foundation for the job of mayor. He also worked closely with city and healthcare officials on successful initiatives to bring freestanding Emergency Rooms to Hoover.

Join us in welcoming Mayor Frank Brocato.

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

## MENU

- Meat lasagna
- Roasted mixed vegetables
- Broccoli salad
- Rolls
- Macadamia white chocolate cookies
- Tea/Coffee

Caterer:  
All Around Town Catering

### Reservation Deadline: Friday

January 19, 2018  
1:00 PM

Cost: \$10.00

ALL PAYMENTS received (including mailed checks) after this date/time will be returned.

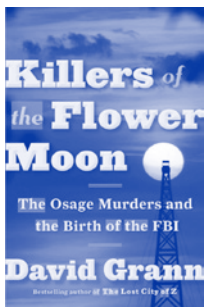
Limit to 130 guests  
(or until capacity is reached)

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



### Books to You

w/Catherine Heinzerling

Wednesday, January 3

at 12:15PM

*Topic: Killers of the Flower Moon: The Osage Murders and the Birth of the FBI, by David Grann. The presentation will tell the story of mysterious murders in the Osage Indian Nation in the 1920s, and the ultimate involvement of the Bureau of Investigation under J. Edgar Hoover to investigate the murders.*



### Glucose Screenings

Tuesday, January 30 from

9:00AM-10:00AM

The Wellness team from St. Vincent's Health System will be providing free glucose screenings at the Hoover Senior Center. Breakfast and an explanation of glucose results will follow.

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

### Birthday Bash

Thursday, January 4

at 12:15PM

Sponsored by Affinity Hospice



### Movie Matinee

Friday, January 12 at

12:00 PM



Sponsored by Hoover New Horizons

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

The movie is listed at the Senior Center.



Join our Mexican Train group on

the 2nd and 4th Tuesdays from

10:00AM-12:00PM.

# JANUARY ACTIVITIES CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>CLOSED</b> <b>For</b> <b>New Years</b> <b>Holidays</b></p>	<p>2</p> <p><b>CLOSED</b> <b>For</b> <b>New Years</b> <b>Holidays</b></p>	<p>3</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>Books to You-12:15</i> Zumba Gold 1:30 Tai Chi-2:50</p>	<p>4</p> <p>Continuing Yoga-8:30 Pokeno-10:00 TBS Exercise-10:30 Canasta (Ponytail)-12:00 <i>Birthday Bash w/ Affinity-12:15</i> Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>5</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>8</p> <p>Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Canasta-12:00 Chair Yoga -12:15 BP Checks-12:15 Zumba Gold-1:45</p>	<p>9</p> <p>Continuing Yoga-8:30 Classic Yoga-10:00 Board Mtg-10:00 Chess Group-10:00 Tech Sessions-11:00 Trip &amp; Tour Mtg-11:15 Chess Class-12:00 Poker-12:30 Ballroom Dancing-1:30 Wood Carving-1:30</p>	<p>10</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 Zumba Gold-1:30 Tai Chi-2:50</p>	<p>11</p> <p>Continuing Yoga-8:30 Mexican Train-10:00 TBS Exercise-10:30 Lunch Bunch-11:00 Canasta (Ponytail)-12:00 <i>Bingo w/ Choice Home Care-12:15</i> Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>12</p> <p>Art Class-8:15 Exercise II-9:00 Pokeno-10:00 Exercise I-10:30 Open Bridge-11:30  <i>Movie Matinee-12:00</i></p>
<p>15</p> <p><b>CLOSED</b> <b>For</b> <b>MLK, Jr.</b> <b>Day</b></p>	<p>16</p> <p>Continuing Yoga-8:30 Classic Yoga-10:00 Chess Group-10:00 Tech Sessions -11:00 Chess Class-12:00 Poker-12:30 Ballroom Dancing-1:30 Wood Carving-1:30</p>	<p>17</p> <p>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 Turn It Up Fitness-1:30 Tai Chi-2:50</p>	<p>18</p> <p>Continuing Yoga-8:30 TBS Exercise-10:30 Canasta (Ponytail)-12:00 Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>19</p> <p>Art Class-8:15 Exercise II-9:00 The Friday Game-10:00 Exercise I-10:30 Open Bridge-11:30  <i>Deadline for HNH Luncheon-1:00</i></p>
<p>22</p> <p>Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Canasta-12:00 Chair Yoga-12:15 BP Checks-12:15 NO Zumba Gold Luncheon set-up-1:30</p>	<p>23</p> <p>NO YOGA Chess Group-10:00 Tech Sessions-11:00 Chess Class-12:00 Poker-12:30 Ballroom Dancing-1:30 Wood Carving-1:30  <i>HNH Luncheon-11:00</i></p>	<p>24</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>Mending w/ Peggy-12:30</i> Turn It Up Fitness-1:30 Tai Chi-2:50</p>	<p>25</p> <p>Continuing Yoga-8:30 Mexican Train-10:00 TBS Exercise-10:30 Canasta (Ponytail)-12:00 <i>Bingo w/ Skyline Village-12:15</i> Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-2:00</p>	<p>26</p> <p>Art Class-8:15 Exercise II-9:00 Driver's Mtg-9:00 Pokeno-10:00 Exercise I-10:30 Open Bridge-11:30</p>
<p>29</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>30</p> <p>Continuing Yoga-8:30 Classic Yoga-10:00 Chess Group-10:00 Tech Sessions-11:00 Chess Class-12:00 Poker-12:30 Ballroom Dancing-1:30 Wood Carving-1:30  <i>Glucose Screening-9:00</i></p>	<p>31</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 Zumba Gold-1:30 Tai Chi-2:50</p>		<p><b>Daily Lunch</b> <b>Served at 11:30AM</b> Limited meals! Sign up begins at 8:00AM First come, First serve <b>Suggested Donation:</b> <b>\$1.50</b> <b>Pick up menu at Hoover Senior Center</b></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 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. 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 2<sup>nd</sup> 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 *The American Spirit* by David McCullough.

## 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 11:30AM until 3:00PM 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 12:00PM 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.***

## 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 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.

## 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.

# ACTIVITIES & CLASSES

## 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, January 11 at Costa's Mediterranean Cafe**. 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 at the Welcome Desk of the Hoover Senior Center **beginning Wednesday, December 27**. 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 4<sup>th</sup> Wednesday of the month from 12:30PM to 3:30PM in the Creative Arts Room, unless otherwise specified.

## Mexican Train

Mexican Train is a version of dominoes and can be played with multiple players. This game is played on the 2<sup>nd</sup> and 4<sup>th</sup> 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 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.

## 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 1:00PM 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 (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. **A yoga mat is required. *\*New participants must meet with the instructor prior to class to determine capability. Members may participate at the instructor's discretion.***

## Yoga (Classic)

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 Sivananda yoga which focuses on breathing, stretching and coordination exercises. **A yoga mat is required. *\*New participants must meet with the instructor prior to class to determine capability. Members may participate at the instructor's discretion.***

## 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 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. *\*New participants must meet with the instructor prior to class to determine capability. Members may participate at the instructor's discretion.***

## Zumba Gold

This class is taught by instructor Tamryn Etten-bohm and meets Mondays from 1:30PM-2:30PM (except the 4<sup>th</sup> Monday) and Wednesdays from 1:30PM-2:30PM. Wednesday's class will consist of 30 minutes of video followed by 30 minutes of instructor workout. Zumba Gold is a less intense version of original Zumba.

# TRIPS & TOURS/ANNOUNCEMENTS

## Trip and Tours NEW Reservation Policy

For details on trips, please refer to information flyers at the Senior Center. To reserve, completely fill out information on the front of a Trip & Tours reservation envelope. Envelopes are available on the table below the information rack at the Senior Center. Enclose your check (payable to Hoover New Horizons) or cash in the completed envelope. Place the envelope in the Trips and Tours Reservation box by the information rack. Reservations are not transferrable without approval of the trip host. Vacant spots created by cancellations will be filled from those on the waiting list. Refunds will no longer be made for cancellation of reservations for trips costing \$10 or less.

**Thursday, January 18**

Yesterday's Event Center in Athens, Ala  
Buffet lunch and the big band sounds of  
The Sophisticated Swingers!

\$22 Reserve by Tuesday, January 2.

Host - Leonard Loudermilk 540-292-9575

**Thursday, February 15**

Yesterday's Event Center in Athens, Ala  
Buffet lunch and sounds of  
the Fifties & Sixties!

\$22 Reserve by Tuesday, February 5.

Host - Leonard Loudermilk 540-292-9575

**March 13-15, 2018**

**Nashville Fun & History Tour**

Three fun-filled days! Two nights accommodations at the Fairfield Inn, including daily hot breakfasts. Enjoy the hilarious Redneck Comedy Bus Tour, a memorable Grand Ole Opry performance, guided tour of The Hermitage (Andrew Jackson's home) including lunch, and the Country Music Hall of Fame. Plus free time to experience the Opryland Hotel or shopping at Opry Mills. On the way home, tour the Jack Daniels distillery and enjoy included lunch at Miss Mary Bobo's Boarding House Restaurant in Lynchburg.

Transportation roundtrip and in Nashville is included. First 10 who sign up are guaranteed to go. Information flyer with trip details and itinerary is available at the Senior Center information rack.

Host: Bob Sholund, 835-2248

\$100 deposit due January 11 - Final payment due February 8

## Holiday Closings

Monday, January 1 • Tuesday, January 2 • Monday, January 15

**Stay Tuned...**

We will have our annual satisfaction surveys available soon.

We appreciate your feedback so that we can better serve you!

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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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### 2018 HOOVER NEW HORIZONS BOARD

Ray Dugas-President  
Paul Brown-Vice President  
Odessa Usher-Secretary  
Ron Christman-Treasurer  
Suzanne Challiss  
Mae Lynn Hardy  
Harriett McQueen  
Gene Powell  
Tillie Powers  
Ginger Prisoc-Schweitzer  
Venda Terry  
Donna Wiltsey



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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.

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!**

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

PRESORT STD.  
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