The Old Fashioned Rhythm Method
Tuesday, February 25
11:00AM Luncheon...
at the Hoover Senior Center

In 2011 Chuck King and Tom Dameron joined with Jason Bailey to form The Old Fashioned Rhythm Method, a unique musical trio made up of Trumpet, Tuba and Tenor Banjo. The group enjoys experimenting with different styles of music ranging from Traditional New Orleans Jazz, Blues, and The Beatles to tunes from the 1920s.

The three members are unique in their own right. Chuck King is a music teacher, professional photographer and incredible trumpet player and vocalist. Tom Dameron is a professional mandolinist, composer, teacher and studio musician who is active in a number of performing groups in Birmingham and is considered one of the best innovators of the acoustic music scene.

Come help us welcome The Old Fashioned Rhythm Method to the Hoover Senior Center!

STAFF
Dana Henson
Manager
205-444-7884
dana.henson@hooveralabamagov

Tracy Vinzant
Assistant Manager
205-739-6767
tracy.vinzant@hooveralabamagov

Kimberly Wedgeworth
Administrative Assistant
205-444-7713
kimberly.wedgeworth@hooveralabamagov

Abi Bostrom
Recreation Assistant, Sr.
205-739-6713
abi@bostrom@hooveralabamagov

Scott Gloor
Recreation Assistant, Sr.
205-739-6700
scott.gloor@hooveralabamagov

HOURS OF OPERATION
Monday - Friday
8:00 am - 4:00 pm

MEMBERSHIP FEES
Hoover Residents
55+ — $10 annually
(For further pricing information, please call)

FIND US ONLINE!
www.hooveralabamagov/451/seniors
www.facebook.com/HooverNewHorizons
HSC patron handbook available online at: hooveralabamagov/956/patron-handbook

MENU
Chicken Fingers
Cup of chicken & sausage gumbo w/ rice
Veggie of the day
Hushpuppies
Bread pudding
Tea/Coffee
Caterer
Cajun Steamer
Cost $10.00

Reservations taken until capacity or Friday, February 21 at 1:00PM

Make check payable to Hoover New Horizons
Mail to: 400 Municipal Drive, Hoover, AL 35216

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MISSION STATEMENT
Hoover Senior Center exists as a partnership to serve and empower senior adults by providing 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.

OUR CORE VALUES: RESPECT, INTEGRITY, SAFETY, SERVICE, SYNERGY, EMPATHY, EXCELLENCE

2020 Hoover New Horizons Advisory Board
Seated (L-R) Tillie Powers, Joyce Cattelane, Joan Chambers, Ginger Schweitzer, & Darlene Mason
Standing (L-R) Odessa Usher, Dana Mason, Helen Tankersley, Win Powell, Tom Brown, & Gene Powell
Not pictured: David Byrd

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.
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 CALL KIMBERLY AT 739-6700!

Facts & Snacks
Tuesday, February 4, 12:00PM
Topic: Healthy Hearts
Sponsored by: Brookwood Baptist Health
Registration required; space is limited

Valentine Movie Matinee
Friday, February 14, 12:00PM
Sponsored by: Hoover New Horizons
Registration required
Movie listed at the senior center

Wills and Estates Workshop
Tuesday, February 18
12:15PM
Presented by: Judy Woods, UWAAA

Eye Screenings
Thursday, February 20
9:00AM-11:30AM
Provided by: UAB Eye Care
Registration required; space is limited

If registration is required sign-up at welcome desk or by calling 205-739-6700

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### Volunteering Opportunities

- **Volunteer drive!** If you are interested in volunteering at the HSC just let us know! Examples of volunteer needs: Hoover Express drivers, Meals on Wheels drivers, New Horizons board sub-committees, and much more! Volunteer applications available at the front desk. Volunteering questions? Contact Abi Bostrom at 205-739-6713.

### FEBRUARY ACTIVITIES CALENDAR

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### Inclement Weather Season is Quickly Approaching!

The HSC follows the directives from the Hoover City Schools in regards to procedures for inclement weather. If the schools are closed for inclement weather, classes & activities are cancelled.

### Volunteer Drive

Volunteer drive! If you are interested in volunteering at the HSC just let us know! Examples of volunteer needs: Hoover Express drivers, Meals on Wheels drivers, New Horizons board sub-committees, and much more! Volunteer applications available at the front desk. Volunteering questions? Contact Abi Bostrom at 205-739-6713.

### Miscellaneous

- **Birthday Bash sponsor:** Indiv. Affinity Hospice
- **Bunco sponsor:** C.R. Bluff at Greystone
- **Daily Lunch served at 11:30AM (11:45AM on Weds). Limited meals. Sign up begins at 8:00AM. First come, first served. Donations accepted. Pick up menu at Hoover Senior Center.
- **Do not hallucinate.**
Friday Game
Come play this fun take on the classic card game Gin Rummy! The Friday Game, led by volunteer Jan Christman, is played the 1st and 3rd Friday of the month from 10:00AM to 12:00PM in the Lounge.

Group Fitness I (previously Exercise [Beginner])
This class, led by Barb Traywick (Wednesdays) and Margie Maughan (Thursdays), is for those who are new to exercise, low impact aerobics and chair exercises while using exercise bands or no equipment. Participants may choose a book highlighting different genres, cultures and other special interests. Participants are required to wear tennis/non-slick shoes.

Group Fitness II (previously Exercise [Intermediate])
This class is led by Beth Fort and is offered Tuesdays and Thursdays from 8:00AM to 9:30AM 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 tennis/non-slick shoes.

Pilates
This instructor led class 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 Pilates ring are required. (OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED AND/OR CAPACITY IS REACHED.)

Bunco
Bunco is a parlour game played in groups trying to score points while taking turns rolling dice. Bunco will be played the 2nd Monday of each month from 1:30PM-3:30PM in the Gentle Arts Room. This group is led by Sharron Scholosser, 205-822-0759 or spichlos@samford.edu.

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 Mondays from 10:00AM to 12:00PM in the Sunroom. Participants can hone their skills and learn new ones.

Line Dancing (Advanced)
For all those avid line dancers out there, this might just be for you. This small group of dancers as they perform familiar dances and try out new advanced moves! This group, led by Barbara Traywick and Brenda Boudreaux, meets Wednesdays from 10:15AM to 11:15AM in the Creative Arts Room. A $4.00 donation is requested. (Participants are required to wear shoes with backs.)

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. This introductory class is led by instructor Barbara Clay. A $4.00 donation is requested. (Participants are required to wear shoes with backs.)

Chess
Chess (previously Chess Group/Casual)
Chess is universally proven as an excellent way to develop cognitive abilities and strategic thinking. During each class participants are taught new moves and strategies. Each class is led by Barbara Clay. Play begins at 10:00AM on Tuesdays and the class is held from 10:15AM to 12:00PM in the Creative Arts Room.

Bingo
Bingo is held on the 2nd and 4th Thursday from 12:15PM to 1:15PM 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.

Bridge
This group meets Mondays from 10:00AM to 2:30PM in the Creative Arts Room. Bridge is a strategic game using a deck of 52 cards. Each group consists of 4 players in competing partnerships. Call Nancy Noonan at (205) 402-7937 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 strategic game using a deck of 52 cards. Each group consists of 4 players in competing partnerships.

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Available daily:
Adult Coloring, Billiards, Table Tennis, Rumikub and Wii bowling
Art Imagined (previously Drawing and Creative Arts)
Art is for everyone! Join this group that creates a variety of paintings using techniques such as wet-on-wet, wet-on-dry, and salt painting. This class is led by Win Powell and meets on Fridays from 8:15AM to 10:30AM in the Creative Arts Room.

Ballroom Dancing Group
Ballroom Dancing group meets in the Auditorium on Tuesdays from 1:30PM to 2:30PM. During this meeting seniors practice a variety of dances such as the foxtrot and quickstep in an open dance format.

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.

Bridge
This group meets Mondays from 10:00AM to 2:30PM in the Creative Arts Room. Bridge is a strategy game using a deck of 52 cards. Each group consists of 4 players in competing partnerships. Call Nancy Noonan at (205) 402-7393 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 strategy game using a deck of 52 cards. Each group consists of 4 players in competing partnerships.

Bunco
Bunco is a parlour game played in groups trying to score points while taking turns rolling dice. Bunco will be played the 2nd Monday of each month from 1:30PM-3:00PM in the Gentle Room. This group is led by Sharron Scholosser, 205-822-0759 or spschlos@samford.edu.

Canasta (Ponytail)
Ponytail is a variation of the card game Canasta, which is a game played with multiple decks of cards. This game is played on Mondays from 10:00AM to 12:00PM in the Sunday Room. Members can hone their skills and learn new ones.

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. (Members are required to wear tennis/non-slick shoes)

Line Dancing (Beginning)
If you have never danced before, please take advantage of the chance to learn basic steps on Wednesdays from 9:30AM to 10:30AM in the Creative Arts Room. Please arrive at 9:00PM and the class is led by Barbara Traywick and Margie Maughan (Thursdays). In addition to learning the dances, everyone is getting a great workout. Join in the fun on Wednesdays from 9:00AM to 10:00AM and Thursdays from 1:00PM until 2:30PM in the Auditorium. A $4.00 donation is requested. (Participants are required to wear shoes with backs.)

Poker
Poker is a family of card games that combine gambling, strategy, and skill. This game is played on Tuesdays and Thursdays from 10:00AM to 3:00PM in the Lounge.

Sew-N-Sews
This group meets the 1st and 3rd Wednesday of each month from 1:00PM-3:00PM in the Creative Arts Room. An emphasis on quilting,增加 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.

Stargardens
This chorale group made up of Hoover Senior Center members is led by Paula Speed. The group meets Monday mornings at 9:30AM in the auditorium. Sings nursing homes and assisted living facilities. Performances are on Wednesdays throughout the year.

String Band (previously Crochet)
This group meets Wednesdays from 1:00PM to 3:00PM in the Gentle Room. Join Helen Tankersley as she guides you through working with yarn to create items through the art of crochet, needlework, knitting, etc. 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.

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 Richard Strahan 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). Helen meets on the 1st and 3rd Thursdays from 10:00AM-12:00PM in the computer lab. (Nabi require specific appointment times with Helen at front desk.) Please make sure your device is charged and bring any necessary passwords. Call 205-739-6700 to make an appointment.

Whittling Workshop (previously 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 205-383-5366 or the welcome desk at 205-739-6700.

Yoga (Class)
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 increased 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.

Zumba Gold
This dance fitness class, led by instructor Sandra Thompson, meets Mondays from 1:30PM-2:30PM. (The 4th Monday class is shortened to 45 minutes.) Zumba Gold is a less intense version of original Zumba.
### FEBRUARY ACTIVITIES CALENDAR

#### MONDAY
- **Group Fitness III**: 8:30 AM
- **Group Fitness I**: 9:40 AM
- **Bridge**: 10:00 AM
- **Knit Wits**: 10:00 AM
- **Canasta**: 12:00 PM
- **Chair Yoga**: 12:15 PM
- **Zumba Gold**: 1:30 PM

**Continuing Yoga**: 8:30 AM
10:00 AM
12:00 PM

**Tech Sessions**: 9:30 AM
11:30 AM
1:30 PM

**Classic Yoga**: 10:00 AM
12:00 PM
2:00 PM

**Chess Champs**: 10:00 AM
12:00 PM
2:00 PM

**Poker**: 10:00 AM
12:00 PM
2:00 PM

**Board Mtg**: 10:00 AM
12:00 PM

**Balroom Dancing**: 1:00 PM
3:00 PM
5:00 PM

**Whittington Workshop**: 1:30 PM
3:30 PM
5:30 PM

**Group Fitness III**: 2:00 PM
4:00 PM

**Pilates-8:15**
- **Reg. Line Dancing**: 9:10 AM
- **Impr. Line Dancing**: 9:10 AM
- **Group Fitness I**: 10:10 AM
- **Adv. Line Dancing**: 10:10 AM
- **Group Fitness III**: 11:10 AM
- **Canasta**: 12:10 PM
- **Tech Sessions**: 12:00 PM
- **Swim N-Seas**: 12:00 PM
- **Fit Dance Fusion**: 1:30 PM
- **Tai Chi**: 2:50 PM

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#### TUESDAY
- **Group Fitness III**: 8:30 AM
- **Group Fitness I**: 9:40 AM
- **Bridge**: 10:00 AM
- **Knit Wits**: 10:00 AM
- **Canasta**: 12:00 AM
- **Chair Yoga**: 12:15 PM
- **BP Checks**: 12:15 PM

**Zumba Gold**: 1:30 PM

**Bunco**: 1:30 PM

**Continuing Yoga**: 8:30 AM
10:00 AM
12:00 PM

**Tech Sessions**: 9:30 AM
11:30 AM
1:30 PM

**Classic Yoga**: 10:00 AM
12:00 PM
2:00 PM

**Chess Champs**: 10:00 AM
12:00 PM
2:00 PM

**Poker**: 10:00 AM
12:00 PM
2:00 PM

**Board Mtg**: 10:00 AM
12:00 PM

**Balroom Dancing**: 1:00 PM
3:00 PM
5:00 PM

**Whittington Workshop**: 1:30 PM
3:30 PM
5:30 PM

**Group Fitness III**: 2:00 PM
4:00 PM

**Pilates-8:15**
- **Reg. Line Dancing**: 9:10 AM
- **Impr. Line Dancing**: 9:10 AM
- **Page Turners-9:30**
- **Group Fitness I**: 10:10 AM
- **Adv. Line Dancing**: 10:10 AM
- **Group Fitness III**: 11:10 AM
- **Canasta**: 12:10 PM
- **Tech Sessions**: 12:00 PM
- **Swim N-Seas**: 12:00 PM
- **Fit Dance Fusion**: 1:30 PM
- **Tai Chi**: 2:50 PM

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#### WEDNESDAY
- **Group Fitness III**: 8:30 AM
- **Group Fitness I**: 9:40 AM
- **Bridge**: 10:00 AM
- **Knit Wits**: 10:00 AM
- **Canasta**: 12:00 AM
- **Chair Yoga**: 12:15 PM
- **Zumba Gold**: 1:30 PM

**BP Checks**: 12:15 PM

**Bunco**: 1:30 PM

**Continuing Yoga**: 8:30 AM
10:00 AM
12:00 PM

**Tech Sessions**: 9:30 AM
11:30 AM
1:30 PM

**Classic Yoga**: 10:00 AM
12:00 PM
2:00 PM

**Chess Champs**: 10:00 AM
12:00 PM
2:00 PM

**Poker**: 10:00 AM
12:00 PM
2:00 PM

**Board Mtg**: 10:00 AM
12:00 PM

**Balroom Dancing**: 1:00 PM
3:00 PM
5:00 PM

**Whittington Workshop**: 1:30 PM
3:30 PM
5:30 PM

**Group Fitness III**: 2:00 PM
4:00 PM

**Pilates-8:15**
- **Reg. Line Dancing**: 9:10 AM
- **Impr. Line Dancing**: 9:10 AM
- **Poker**: 10:00 AM
- **Group Fitness I**: 10:10 AM
- **Adv. Line Dancing**: 10:10 AM
- **Group Fitness III**: 11:10 AM
- **Canasta**: 12:10 PM
- **Tech Sessions**: 12:00 PM
- **Swim N-Seas**: 12:00 PM
- **Fit Dance Fusion**: 1:30 PM
- **Tai Chi**: 2:50 PM

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#### THURSDAY
- **Group Fitness III**: 8:30 AM
- **Group Fitness I**: 9:40 AM
- **Bridge**: 10:00 AM
- **Knit Wits**: 10:00 AM
- **Canasta**: 12:00 AM
- **Chair Yoga**: 12:15 PM
- **Zumba Gold**: 1:30 PM

**BP Checks**: 12:15 PM

**Bunco**: 1:30 PM

**Continuing Yoga**: 8:30 AM
10:00 AM
12:00 PM

**Tech Sessions**: 9:30 AM
11:30 AM
1:30 PM

**Classic Yoga**: 10:00 AM
12:00 PM
2:00 PM

**Chess Champs**: 10:00 AM
12:00 PM
2:00 PM

**Poker**: 10:00 AM
12:00 PM
2:00 PM

**Board Mtg**: 10:00 AM
12:00 PM

**Balroom Dancing**: 1:00 PM
3:00 PM
5:00 PM

**Whittington Workshop**: 1:30 PM
3:30 PM
5:30 PM

**Group Fitness III**: 2:00 PM
4:00 PM

**Pilates-8:15**
- **Reg. Line Dancing**: 9:10 AM
- **Impr. Line Dancing**: 9:10 AM
- **Page Turners-9:30**
- **Group Fitness I**: 10:10 AM
- **Adv. Line Dancing**: 10:10 AM
- **Group Fitness III**: 11:10 AM
- **Canasta**: 12:10 PM
- **Tech Sessions**: 12:00 PM
- **Swim N-Seas**: 12:00 PM
- **Fit Dance Fusion**: 1:30 PM
- **Tai Chi**: 2:50 PM

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#### FRIDAY
- **Group Fitness III**: 8:30 AM
- **Group Fitness I**: 9:40 AM
- **Bridge**: 10:00 AM
- **Knit Wits**: 10:00 AM
- **Canasta**: 12:00 AM
- **Chair Yoga**: 12:15 PM
- **Zumba Gold**: 1:30 PM

**BP Checks**: 12:15 PM

**Bunco**: 1:30 PM

**Continuing Yoga**: 8:30 AM
10:00 AM
12:00 PM

**Tech Sessions**: 9:30 AM
11:30 AM
1:30 PM

**Classic Yoga**: 10:00 AM
12:00 PM
2:00 PM

**Chess Champs**: 10:00 AM
12:00 PM
2:00 PM

**Poker**: 10:00 AM
12:00 PM
2:00 PM

**Board Mtg**: 10:00 AM
12:00 PM

**Balroom Dancing**: 1:00 PM
3:00 PM
5:00 PM

**Whittington Workshop**: 1:30 PM
3:30 PM
5:30 PM

**Group Fitness III**: 2:00 PM
4:00 PM

**Pilates-8:15**
- **Reg. Line Dancing**: 9:10 AM
- **Impr. Line Dancing**: 9:10 AM
- **Poker**: 10:00 AM
- **Group Fitness I**: 10:10 AM
- **Adv. Line Dancing**: 10:10 AM
- **Group Fitness III**: 11:10 AM
- **Canasta**: 12:10 PM
- **Tech Sessions**: 12:00 PM
- **Swim N-Seas**: 12:00 PM
- **Fit Dance Fusion**: 1:30 PM
- **Tai Chi**: 2:50 PM

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#### EVENTS

- **Open Bridge**: 11:30 AM
- **Art Imagined**: 8:15 AM
- **Group Fitness III**: 8:30 AM
- **Group Fitness I**: 9:40 AM
- **The Friday Game**: 10:00 AM
- **Canasta (Ponzi-Stall)**: 12:00 PM
- **Birthday Bash**: 12:15 PM
- **Strings and Things**: 1:30 PM
- **Impr. Line Dancing**: 1:30 PM
- **Group Fitness II**: 3:00 PM

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#### INCLEMENT WEATHER

Inclement weather season is quickly approaching! The HSC follows the directives from the Hoover City Schools in regards to procedures for inclement weather. If the schools are closed for inclement weather, classes & activities are cancelled.

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### STOP BY THE FRONT DESK

Please stop by the front desk and let us know you regularly attend so we can make sure you are added to the notification list for those.

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**Volunteer Drive! If you are interested in volunteering at the HSC just let us know!**

Examples of volunteer needs: Hoover Express drivers, Meals on Wheels drivers, New Horizons board sub-committees, and much more! Volunteer applications available at the front desk. Volunteering questions? Contact Abi Bostrom at 205-739-6713.

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**Please note:**

- Meals are served until 11:45 AM on Wed.
- First come, first served.
- Donations accepted.
MISSION STATEMENT
Hoover Senior Center exists as a partnership to serve and empower senior adults by providing 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.

OUR CORE VALUES: RESPECT, INTEGRITY, SAFETY, SERVICE, SYNERGY, EMPATHY, EXCELLENCE

2020 Hoover New Horizons Advisory Board

Seated (L-R) Tillie Powers, Joyce Cattelane, Joan Chambers, Ginger Schweitzer, & Darlene Mason
Standing (L-R) Odessa Usher, Dana Mason, Helen Tankersley, Win Powell, Tom Brown, & Gene Powell

Not pictured: David Byrd

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.
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 CALL KIMBERLY AT 739-6700!

This Month
...at the Senior Center

Facts & Snacks
Tuesday, February 4, 12:00PM
Topic: Healthy Hearts
Sponsored by: Brookwood Baptist Health

Registration required; space is limited

Valentine Movie Matinee
Friday, February 14, 12:00PM
Sponsored by: Hoover New Horizons

Registration required
Movie listed at the senior center

Wills and Estates Workshop
Tuesday, February 18
12:15PM
Presented by: Judy Woods, UWAAA

Eye Screenings
Thursday, February 20
9:00AM-11:30AM
Provided by: UAB Eye Care
Registration required; space is limited

If registration is required sign-up at welcome desk or by calling 205-739-6700

Happy Valentine’s Day from the HSC!
We love you!

2020 Hoover New Horizons Advisory Board

Seated (L-R) Tillie Powers, Joyce Cattelane, Joan Chambers, Ginger Schweitzer, & Darlene Mason
Standing (L-R) Odessa Usher, Dana Mason, Helen Tankersley, Win Powell, Tom Brown, & Gene Powell

Not pictured: David Byrd

If registration is required sign-up at welcome desk or by calling 205-739-6700
In 2011 Chuck King and Tom Dameron joined with Jason Bailey to form The Old Fashioned Rhythm Method, a unique musical trio made up of Trumpet, Tuba and Tenor Banjo. The group enjoys experimenting with different styles of music ranging from Traditional New Orleans Jazz, Blues, and The Beatles to tunes from the 1920s.

The three members are unique in their own right. Chuck King is a music teacher, professional photographer and incredible trumpet player and vocalist. Tom Dameron is a professional artist, retired hospital Pharmacist and tuba player. Jason Bailey is a professional mandolinist, composer, teacher and studio musician who is active in a number of performing groups in Birmingham and is considered one of the best innovators of the acoustic music scene.

Come help us welcome The Old Fashioned Rhythm Method to the Hoover Senior Center!

STAFF
Dana Henson
Manager
205-444-7884
dana.henson@hooveralabamagov

Tracy Vinzant
Assistant Manager
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Abi Bostrom
Recreation Assistant, Sr.
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abigail.bostrom@hooveralabamagov

Scott Gloor
Recreation Assistant, Sr.
205-739-6700
scott.gloor@hooveralabamagov

HOURS OF OPERATION
Monday - Friday
8:00 am - 4:00 pm

MEMBERSHIP FEES
Hoover Residents
55+ — $10 annually
(For further pricing information, please call)

FIND US ONLINE!
www.hooveralabamagov/451/seniors
www.facebook.com/HooverNewHorizons
HSC patron handbook available online at: hooveralabamagov/956/patron-handbook

HOOVER NEW HORIZONS
Seniors’ Storytelling Involved With Us!

The Old Fashioned Rhythm Method
Tuesday, February 25
11:00 AM Luncheon...
at the Hoover Senior Center

Menu
Chicken Fingers
Cup of chicken & sausage gumbo w/ rice
Veggie of the day
Hushpuppies
Bread pudding
Tea/Coffee
Caterer
Cajun Steamer
Cost $10.00

Reservations taken until capacity or Friday, February 21 at 1:00PM

Make check payable to Hoover New Horizons
Mail to: 400 Municipal Drive, Hoover, AL 35216

The Old Fashioned Rhythm Method

FINISHING THE STORY