

Hoover

December 2016

# New Horizons

SENIORS STAYING INVOLVED WITH LIFE

## Staff

**Dana Stewart**  
Senior Center Manager  
444-7884  
stewartd@ci.hoover.al.us

**Tracy Vinzant**  
Programs/Express  
739-6767  
vinzantt@ci.hoover.al.us

**Leigh Ann Werszner**  
Nutrition Program  
739-6713  
wersznerl@ci.hoover.al.us

**Scott Gloor**  
Welcome Desk  
739-6700  
gloors@ci.hoover.al.us

## Membership Fees

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

## Luncheon...

Friday, December 9, 2016  
11:00AM

At the Hoover Country Club

## The Spain Park High School Jazz Band



The Spain Park Jazz Band is a class offered at Spain Park for students interested in the study of jazz. Emphasis is placed on learning jazz modes and scales, learning different styles of “big band” music, and learning about music history, instrumental musicianship and performance assessment. In addition, the Jazz Band performs at the regular school concerts and, when possible, at other venues like retirement centers and school fund raisers at local restaurants. They are very excited to be performing for the Hoover New Horizons annual Christmas Luncheon.

## MENU

Parmesan Chicken w/  
Italian Marinara  
Cranberry Apple  
Walnut Salad  
Vegetable Medley  
Mashed Potatoes  
Rolls w/butter  
Carrot Cake  
Coffee/Tea

**Caterer:**  
*Hoover Country Club*

**Reservation  
Deadline:  
Tuesday,  
Dec 6, 2016  
1:00 PM**

**Cost: \$20.00**

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

---

## 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.

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!**

---

## 2016 HOOVER NEW HORIZONS ADVISORY BOARD



Top left to right:

Odessa Usher, Paul Brown, Donna Thompson,  
Jim Langley, Dan Phifer, Ray Dugas, Miriam Roberts

Bottom left to right:

Harriet McQueen, Francine Pearson

# DECEMBER 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: \$1.50</b> Pick up menu at Hoover Senior Center</p>			<p>1 Advanced Yoga-8:30 Pokeno-10:00 Computer Lab-10:30 TBS Exercise-10:30 Lunch Bunch-11:00 <i>Birthday Bash-12:30</i> Canasta (Ponytail)-12:30 Watercolor-1:00 Crochet-2:00 Impr. Line Dancing-2:00</p>	<p>2 Art Class-8:15 Exercise II-9:00 The Friday Game-10:00 Exercise I-10:30 Open Bridge-11:30</p>
<p>5 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 Chair Yoga-12:15 Turn It Up Fitness-1:30</p>	<p>6 Advanced Yoga-8:30 Beginning Yoga-10:00 Chess Group-10:00 Chess Class-12:00 NO Ballroom Instruction  <i>HNH Luncheon Deadline-1:00</i></p>	<p>7 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 Mahjong-12:00 Turn It Up Fitness-1:30 Tai Chi-3:00</p>	<p>8 Advanced Yoga-8:30 Adult Coloring-10:15 TBS Exercise-10:30 Computer Lab-12:00 Canasta (Ponytail)-12:30 Watercolor-1:00 Crochet-2:00 Impr. Line Dancing-2:00</p>	<p>9 Art Class-8:15 Exercise II-9:00 Pokeno-10:00 Exercise I-10:30 Open Bridge-11:30  <i>HNH Luncheon (Hoover Country Club)-11:00</i></p>
<p>12 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 BP Checks-12:15 Chair Yoga-12:15 Turn It Up Fitness-1:30</p>	<p>13 Advanced Yoga-8:30 Beginning Yoga-10:00 Board Meeting-10:00 Chess Group-10:00 Trips &amp; Tours Meeting-11:15 Chess Class-12:00 Ballroom Dancing-1:30</p>	<p>14 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 Mahjong-12:00 Turn It Up Fitness-1:30 Tai Chi-3:00  <i>Holiday Sing-a-long-1:00</i></p>	<p>15 Advanced Yoga-8:30 TBS Exercise-10:30 Computer Lab-12:00 Canasta (Ponytail)-12:30 Watercolor-1:00 Crochet-2:00 Impr. Line Dancing-2:00</p>	<p>16 Art Class-8:15 Exercise II-9:00 The Friday Game-10:00 Exercise I-10:30 Open Bridge-11:00  <i>Pizza and a Movie-11:30</i>  <i>No Meals</i></p>
<p>19 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 Chair Yoga-12:15 Turn it Up Fitness-1:30</p>	<p>20 Advanced Yoga-8:30 Beginning Yoga-10:00 Chess Group-10:00 Chess Class-12:00 Ballroom Dancing-1:30  <i>Lunch and Learn-12:00 (pre-registration was required)</i></p>	<p>21 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 Mahjong-12:00 NO Turn It Up Fitness Tai Chi-3:00</p>	<p>22 Advanced Yoga-8:30 Canasta (Ponytail)-12:30 NO Computer Watercolor-1:00 Impr. Line Dancing-2:00 NO Crochet</p>	<p>23  <b>CLOSED for Christmas Holidays</b></p>
<p>26  <b>CLOSED for Christmas Holidays</b></p>	<p>27 NO Yoga Chess Group-10:00 Chess Class-12:00 NO Ballroom Instruction  <i>No Express No Nutrition Program</i></p>	<p>28 Pilates-8:15 NO Line Dancing Exercise I-10:30 Canasta-12:00 Cards-12:00 Mahjong-12:00 NO Turn It Up Fitness Tai Chi-3:00 <i>No Express No Nutrition Program</i></p>	<p>29 NO Yoga TBS Exercise-10:30 Canasta (Ponytail)-12:30 NO Computer Watercolor-1:00 NO Crochet NO Line Dancing  <i>No Express No Nutrition Program</i></p>	<p>30  <b>CLOSED for New Years Holidays</b></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, led by volunteer Susan Gilliland, will be held on the 2<sup>nd</sup> Thursday of the month from 10:15AM to 11:15AM.

## 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 *The Wright Brothers* by David McCullough.

## 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 12:30PM until 4:30PM 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.

## 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.

## 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.

## Computer Lab

Volunteer Helen Tankersly will be available by appointment to answer your computer questions on Thursdays from 12:00PM until 1:30PM in the Computer Lab. Call 739-6700 to make an appointment.

## 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 10:15AM 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.

# ACTIVITIES CLASSES & WORKSHOPS

## 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. 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, December 1<sup>st</sup> Bistro ProVare**. 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, November 15<sup>th</sup>**. For any other information, call Betty Kuykendall at 979-0742 or Merry Gordon Jones at 428-1331.

## Mahjong

This game is of Chinese origin played with tiles resembling dominoes and bearing various designs. This game is commonly played with four players and is similar to rummy. Mahjong will be taught on Wednesdays from 12:00PM to 2:00PM in the Sunroom. Please contact coordinator Cecily Chaney at 631-6361 with questions.

## Phone Smarts 101

By appointment only. Volunteer Abbie Daniel is available to help tutor you in a one-on-one lesson on how the basics of ipads/iphones. Please make an appointment by calling 739-6700. When making an appointment, please indicate the type of device you have as well as leave an email address and any specific questions you may have.

## 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.

## 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.

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

This intermediate class for various levels of ability will be led by Kathy Kamanish 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. We project her teaching our class on the big screen in the gym and invite all to join us at no charge. 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)

## 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

### Holiday Sing-a-long Wednesday, December 14, 2016 1:00PM

Join us as we sing along to our favorite Christmas carols with our very own Hoover New Horizons Songbirds choral group! Light refreshments will be provided by Kirkwood by the River.

The deadline to sign up for this event is Monday, December 12<sup>th</sup> at 12:00NOON.



### Pizza and a Movie Friday, December 16, 2016 11:30AM



Please sign up at the front desk by Monday, December 12<sup>th</sup> at 12:00NOON

Sponsored by Meadowbrook Extended Care and Chandler Health and Rehabilitation

The movie is listed at the Hoover Senior Center.  
(No daily meals will be served on this day.)



### Monthly Birthday Bash

First Thursday of each month at 12:30PM  
Sponsored by Amedisys Hospice

### Lunch and Learn Tuesday, December 20, 2016 12:00PM

#### Topic: Arthritis and Back Pain



Registration Deadline is Friday, December 16 at NOON or until capacity is reached. Space is limited to 60 participants. Sponsored by Brookwood Baptist Health



### Interested in Mahjong?

Lessons from experienced players are available upon request. Please call the welcome desk at 739-6700 to sign up.

### PERSONAL TRAINING SESSIONS

Certified personal trainer and group fitness instructor Kathy Hagood offers personal training services at the Hoover Senior Center.

Please contact Kathy at 205-422-4025 or [krhagood@yahoo.com](mailto:krhagood@yahoo.com) to schedule a training session.

# TRIPS & TOURS

TRIPS ARE RESERVED BY PUTTING THE DEPOSIT OR COST IN THE BLACK TRAVEL BOX AT THE FRONT ENTRANCE TO THE HOOVER SENIOR CENTER WITH CHECKS MADE OUT TO "HOOVER NEW HORIZONS"

## Eagle Watch Weekend Lake Guntersville State Park January 27-29, 2017



Trip Includes: two nights of accommodations at the Lodge; Friday night social; guided field trips to view eagles; informative talks and live bird presentations; tour of Cathedral Caverns.

Cost: \$220 per person (double) \$320 per person (single)

Final Payment Due: January 16, 2017.

Reservation deposit of \$50 due by December 28, 2016.

We will depart at 2:00 pm from the Hoover Senior Center.

Make check payable to Hoover New Horizons and place in the Trips and Tours box.

Hosts: Bob and Pat Sholund (205) 825-2238

### December Luncheon Schedule

**December:** Luncheon will be on the 2nd Friday (9th) with the deadline on Tuesday, December 6 at 1:00PM



## HOLIDAY CLOSINGS

Friday, December 23<sup>rd</sup>

Monday, December 26<sup>th</sup>

Friday, December 30<sup>th</sup>

Monday, January 2<sup>nd</sup>

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

PRESORT STD.  
U.S. POSTAGE  
**PAID**  
BIRMINGHAM, AL  
PERMIT #2424

