

Town of Arlington Senior Citizens Center

July 2018

Elizabeth Equi, Director
eequi@townofarlington.org

PO Box 507—6265 Chester St—867-7698

Website:
townofarlington.org

July Program Descriptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8:30 am: Men's Coffee 10:00 am: Easycise 11:00 am: Tai Chi	3 9:00 am: Sewing & Crafts 12:00 pm: Music 2:30 pm: Line Dancing	4 Closed Happy 4th of July!	5 9:00 am: Balance & Stretch 10:00 am: MAGI 11:30 am: Potluck Lunch 12:45 pm: Games	6 9:30 am: Chair Yoga 11:00 am: Beg. Aerobics 12:30 pm—Line D. 1:30 pm: Tai Chi 1 6:00 pm: W. E. Bingo & Potluck	7
9 8:30 am: Men's Coffee 10:00 am: Easycise 11:00 am: Tai Chi	10 9:00 am: Sewing & Crafts 12:00 pm: Music 1:15 pm Triumph Together 2:30 pm: Line Dancing	11 9:00 am: Tai Chi 2 9:45 am: Bible Discussion 11:00 am: Balance & Strength 12:30 pm: FREE Lunch & Bingo 1:30 pm: Games	12 9:00 am: Balance & Stretch 10:00 am: MAGI 11:30 am: Potluck Lunch 12:45 pm: Games	13 9:30 am: Chair Yoga 11:00 am: Beg. Aerobics 12:30 pm: Line Dancing 1:30 pm: Tai Chi 1	14
16 8:30 am: Men's Coffee 10:00 am: Easycise 11:00 am: Tai Chi	17 9:00 am: Sewing & Crafts 12:00 pm: Music 12:30 pm: Birthday Bash 2:30 pm: Line Dancing 6:00 pm: Garden Club	18 9:00 am: Tai Chi 2 9:45 am: Bible Discussion 11:00 am: Balance & Strength 12:30 pm: FREE Lunch & Bingo 1:30 pm Games	19 9:00 am: Balance & Stretch 10:00 am: MAGI 12:45 pm: Games	20 9:30 am: Chair Yoga 11:00 am: Beg. Aerobics 12:30 pm: Line Dancing 1:30 pm: Tai Chi 1	21 12:00 pm: FREE Art Cass Watercolor— Birds RSVP 1:30 pm: Games
23 8:30 am: Men's Coffee 10:00 am: Easycise 11:00 am: Tai Chi	24 9:00 am: Sewing & Crafts 12:00 pm: Loss of Spouse Support 2:30 pm: Line Dancing	25 9:00 am: Tai Chi 2 9:45 am: Bible Discussion 11:00 am: Balance & Strength 12:30 pm: FREE Lunch & Learn 1:30 pm Games	26 9:00 am: Balance & Stretch 10:00 am: MAGI 11:30 am: Potluck Lunch 12:45 pm: Games	27 9:30 am: Chair Yoga 11:00 am: Beg. Aerobics 6:00 pm "Hoedown" Dinner & Special Event	28
30 8:30 am: Men's Coffee 10:00 am: Easycise 11:00 am: Tai Chi 12:00 pm: Book Club	31 9:00 am: Sewing & Crafts 12:00 pm: Ladies Hat Day Luncheon RSVP Req.	Spectacular Summer Event on July 27th! \$8 per person. RSVP and Payment due by: 7/23. This will be held at the Saferoom next to Arlington Elementary on Douglas. We will have music, games, and delicious food! Call the center for more info.			

Art— Friday, 7/21 at 11:00 am

FREE Watercolor painting with Noelle. Learn how to use watercolors to paint a bird. **RSVP Required**

Birthday Bash— Tuesday, 7/17 at 12:30 pm

Everyone is invited for cupcakes as we celebrate birthdays for: Terry Adams, Paulette Campbell, Dorcas Gallimore, Adriana Gndt, Gloria King, David Laubach, Linda McNally, Jean Midlick, Kay Mize, Edie Payton, Diane Pfohl, Loretta Simonton, Ed Thiele, Pat Tisdale, and Judy Troxler.

Bingo (W.E.=White Elephant) & Potluck Supper

**Please bring one inexpensive prize per family and a dish to share for our potluck supper. Kim Winstead will be our caller this month.

Book Club— Monday, 7/30 at 12:00 pm

This lighthearted group is led by the fabulous Sam T. Wilson librarian, Molly Antoine. Please call the center for the latest title.

Crafts— Tuesdays at 9:00 am

Coloring, Sewing, Knitting, Weaving, all crafts are welcomed here! Bring your own project, work on the group project, or simply enjoy chatting with this creative bunch.

Discussion Groups:

Bible Discussion— Wednesdays at 9:45 am

Both men and women are invited for an informal nondenominational bible discussion.

Loss of Spouse— Tuesday, June 12th 6:00 pm

Bring a dish to share and we will have a potluck supper this month.

Men's Coffee— Mondays 8:30 am— 10:00 am

Enjoy a fresh cup of coffee with the men from town.

Triumph Together— Tuesday, July 10th at 1:15 pm

Are you trying to make some positive changes? This group will help you reach your goals.

Event of the Summer— 7/27 \$8 per person

Grab your cowboy hat and join us for our Summer Hoedown! Delicious food, Fabulous music, & games! You do not have to dress up, but we will have a drawing for those that wish to get creative with a "country/hoedown" costume! This event will be held at the Saferoom by Arlington Elementary.

RSVP and Payment Due by 7/23.

EXERCISE: FREE for members

Balance & Strength— Wednesdays at 11:00 am

Led by Marj. Increase strength, flexibility, & balance. Uses weights, balls, & stretch bands.

Balance & Stretch— Thursdays at 9:00 am

Led by Hilda. Uses slow movements to increase flexibility, range of motion, and balance.

Beginner Aerobics— Fridays at 11:00 am

Easy to learn steps to get that heart rate pumping.

Chair Yoga— Fridays at 9:00 am

Led by Elizabeth. Sit, Stretch, and Strengthen!

Easycise— Mondays at 10:00 am

Led by Joe. Uses light weights and body weight to increase strength and balance.

Line Dancing— Tuesdays at 2:30 pm/ Fridays 12:30 pm

No experience needed. You will be learning 3 dances. This will get you ready for our Summer Hoe-Down!

Tai Chi 1— Mondays 11:00 am & Fridays 1:30 pm

Led by Elizabeth. Beginning Tai Chi is an easy to learn form that helps improve balance and is great for fall prevention and stress relief.

Tai Chi 2— Wednesdays at 9:00 am

Led by Elizabeth. Tai Chi 2 is for those that have been practicing with Elizabeth and are ready to move on to new forms. We still practice level 1 in class, but progress further.

Games:

Games are a great way to engage mentally while enjoying the company of others.



Wednesdays afternoons—

We play a variety of card games and more!

Thursdays 12:45-4:00 pm

Dominoes, Hand & Foot, Rook, & More.

** The center does not endorse or recommend speakers at the center. They are for informational purposes only.**

Ways to Eat Well & Live Well

July Program Descriptions cont'd

Be Healthy!

RSVP the Monday before each program

FREE Lunch and Learn:

****Scams and Fraud**

July 25th at 12:30 pm

Presented by: First Citizens Bank of Arlington

FREE Lunch and Bingo:

****FREE Lunch and Bingo– July 11th at 12:30 pm**

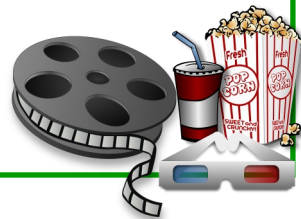
Sponsored by: Caris Healthcare

****FREE Lunch and Bingo– July 18th at 12:30 pm**

Sponsored by: Heavenly Transport Services

Movie and Munchies Group

Meet at the center and car pool to the local theatre. We will have a sign up sheet at the center for those interested!



Ladies Only– Hat Day Luncheon



July 31st at 12:00 pm

Food, Laughter, and Friendship! Let's bring back Betty's favorite: Hat Day! Wear your favorite hat, or a hat that will make people smile! (Hats are fun, but not required to participate in the luncheon) **RSVP Required by: 7/30**

MAGI

Thursdays at 10:00 am

This friendly and joyful group will lift your spirits. Participate in fellowship, encouragement, singing hymns, enjoy faith-based films and more. **If you are staying for the potluck lunch, please bring a dish to share.**

Music

Tuesday, July 3rd at 12:00 pm

Louise and the King's Daughters. You won't want to miss this fantastic group! Sing along to some gospel tunes.

Tuesday, July 10th at 12:00 pm

The very talented Howard Michael will be here today!

Tuesday, June 19th 12:00 pm

The Fabulous Trio: Glenn, Doug, and Steve! Little bit of country, little bit of rock n roll. An entertaining afternoon filled with great music, laughter, & friendship.

****Arlington Garden Club– Tuesday, July 16th**

Adults of all ages are welcomed to join this group for new and experienced gardeners. Different speakers and topics each month. Stop by their monthly meetings to find out more about this knowledgeable and friendly group.

When it is too hot outside, stay active at the center!

During our first-ever "Engage the Brain" health fair in June, we learned how important staying active is not only for our physical health, but also for our mental health!

With the wide variety of activities available here, you will always find something new to discover and enjoy!

**** The center does not endorse or recommend speakers at the center. They are for informational purposes only.****