

January 2018

Art—No Experience Needed

Friday, 1/05, 12:00 pm

FREE Art Program- Noelle will be here with a fun new project!

Friday, 1/12, 12:00 pm

FREE Art Program w/ Dixon Gallery & Gardens. The wonderfully creative Christine Ruby will be here with a fun project to bring out your inner artist.

Birthday Bash-

Tuesday, 1/16, 12:30 pm

Everyone is invited for cupcakes as we celebrate birthdays for:

Donna Burrage, Matt Davis, Jane Durham, Wanda Franklin, Karla Griffin, Bill Howell, Dick Hunter, Faye King, Vero Stacks, Robert Tisdale, Virginia Vierkandt, Terry Wax, Frank Williams, Larry Williams, Dickie Wiseman, and John Wyatt.

Book Club-

Monday, 1/29, 12:00 pm

This lighthearted group is led by our thoughtful Sam T. Wilson librarian, Molly Antoine. Please call the center for the latest title. Books are available at the Sam. T. Wilson library.

Beginning Calligraphy-

3 Part Series with the Memphis Caligraphy Guild

Part 1: Saturday, January 20th, 12 pm

Supplies needed. Please call the center for a list of supplies to bring to class. No Experience needed!

Cornhole Indoors-

Tuesdays, 1/02, 1/09, 1/23, 1/30 at 1:30 pm

Have fun indoors with this fun bean bag game. Easy to learn and Easy to play!!

Crafts-

Coloring, Knitting, Sewing, Weaving-

Tuesdays, 9:00-11:00 am

All crafts are welcome here!! Bring your own, work on the group project, or simply enjoy chatting with this creative bunch.

Discussion Groups-

Bible Discussion- Wednesdays, 9:45 am

(No Discussion on 1/03). Both men and women are invited for an informal nondenominational bible discussion.

Gentlemen's Coffee- Mondays, 8:30-10 am

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

SHARE- Friday, January 12th at 9:00 am

This uplifting women's group is led by the thoughtful & caring Susan Boyd and Betty Russell.

Travel- Friday, January 22nd at 11:45 am

A group to discuss what adventures you have taken and what you are looking forward too.

Evening- White Elephant Bingo & Potluck Supper-**

Friday, 1/5, 6:00 pm

Please bring one prize per family and a dish to share for the Potluck Supper **Jason Harvill will be our caller this month.

Exercise

Free classes for our members!

Balance & Strength- Wednesdays, 11:00 am

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

Beginner Aerobics- Fridays, 10:30 am

Easy to learn steps to get that heart rate pumping.

Easycise- Mondays, 10:30 am

Led by Joe. This class uses slow movements to increase strength and flexibility. Light weights.

Energize w/ Flexicise- Thursdays, 9:00 am

Led by Hilda. Perfect for beginners or those who have not been exercising consistently. Work on increasing range of motion & flexibility.

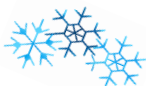
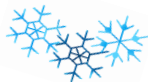
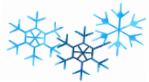
Tai Chi for beginners -Wednesdays, 9:00 am

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

More information



January Programs cont'd



Games-

Wednesday Afternoons, 1:30 pm

We play a variety of games, learn a new favorite.

We need more people to join us on Wednesdays!

Let us know if you have something you would like to play and we will see what we can do!

Thursdays, 12:30-4 pm

Dominoes, Hand & Foot, Rook, & more.

Healthy Living 101

Wednesdays

1/03, 12:30 pm- "Healthy Cooking"

Join us for as we create healthier alternatives to sweet treats. **Space is limited, RSVP required.**

1/31, 12:30 pm- "Healthy Cooking"

Join us as we create a healthy dish and learn more about our new program Garden to Table.

Space is limited, RSVP required.

FREE Lunch & Bingo**

Be sure to **RSVP** by the Monday before Lunch.

1/10, 12:30 pm- Sponsored by: Angel Care

FREE Lunch & Learn**

Be sure to **RSVP** by the Monday before Lunch

1/24, 12:30 pm- "Better Nutrition Made Easy"

presented by: St. Francis Hospital.

Ladies Lunch

Wednesday, January 17th at 12:30 pm

Bring a dish to share as we connect with new friends and reconnect with others. For those that wish, you can also bring your baby picture and we can play who is who!

RSVP Required

****Have You Heard About the Arlington Garden Club?***

It's open to new and experienced gardeners. They have different speakers each month. Check the calendar for the date and time. Stop by their monthly meetings to find out more about this friendly and knowledgeable group.

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

MAGI- Thursdays, 10:00 am

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

Men's Think Tank-

Friday, 1/26 at 12:00 pm

Join us for a brainstorming session on what enlightening activities we can bring to the center for the men to enjoy.

Music

Join us for some Musical Merriness!!

Tuesday, 1/02, 12:00 pm:

Louise & the King's Daughters

You won't want to miss this fantastic group! Sing along to some gospel tunes.

Tuesday, 1/09, 12:00 pm:

Howard Michael

Listen and dance to your favorite tunes!

Tuesday, 1/16, 12:00 pm,

Musical Jam Session with The Fabulous Duo Glenn and Doug!

Little bit of country, little bit of rock n roll! An entertaining afternoon filled with great music, laughter, and friendship!

Tuesday, 1/23, 12:00 pm:

Potluck Lunch and Karaoke

Bring a dish to share for lunch. Enjoy lunch as we listen and sing along to some fabulous tunes!

Terrariums

Tuesday, January 30th at 12:00 pm

Let's bring the garden indoors. Miniature indoor gardens planted in cozy containers. Each participant will create one to take home.

RSVP Required —\$3.00 fee