

July Programs

Art-

Friday, 7/28/17, 12:00 pm

Friend or Family Art Day- Bring a family member or friend to join in the tie dyeing fun! It could be your son/daughter, grandchild, sibling, or a friend. Bring a white t-shirt for each of you. We will provide the rest! RSVP by 7/26/17.

Birthday Bash-

Tuesday, 7/18/17, 12:00 pm

Everyone is invited for cupcakes as we celebrate birthdays for: Joseph Sonney, David Laubach, Judith Rogers, Dorcas Gallimore, Jean Midlick, Linda McNally, Jimmy Clark, Ken Batten, Betty Jones, Dona Watts, Judy Troxler, Gloria King, Diane Pfohl, Carl Strand, Edie Payton, and Ed Thiele.

Book Club-

Monday, 7/31/17, 12:00 pm

Girl on Train by Paula Hawkins This lighthearted group will be led by our fabulously engaging volunteer, Edna Grove. Books are available to be checked out at the Sam. T. Wilson library.

Crafts-

Coloring, Embroidery, 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

Gentlemen's Coffee- Mondays, 8:30-10 am
Enjoy a fresh cup of coffee as you chat with the men from town

SHARE- Friday, 7/21/17, 9:00 am
Led by Susan Boyd and Betty Russell. A positive discussion group for women.

Evening White Elephant Bingo/Potluck Supper-

Friday, 7/7/17, 6:00 pm

Please one wrapped inexpensive gift per family for bingo & a dish to share for the potluck supper. Dr. Vescavo will be our caller this month.

Evening Summer Celebration

\$8.00 per person

Friday, July 14th, Dinner starts 5:30 pm

RSVP and Payment Needed by 7/10

Live Music, Delicious Food, Games, Dancing & more! This will be at the Safe Room/Tornado Shelter next to Arlington Elementary on Douglas Street.

Exercise

Free classes for our members!

- **Balance & Strength- Fridays, 10:30 am**
Led by Susie. Increase strength, flexibility, & balance. Uses weights, balls, and stretch bands.
- **Beginner Aerobics- Wednesdays, 10:15 am**
Led by Marj. Easy to learn steps to get that heart rate pumping.
- **NEW!! Chair Exercise- Thursdays, 9:00 am**
Led by Susie. Perfect for beginners or those who have not been exercising consistently.
- **Easycise- Mondays, 10:30 am**
Led by Joe. This class uses slow movements to increase range of motion & flexibility.
- **NEW!! Fitness Hoop- Tuesdays, 2:00 pm**
Led by Marj. Stop by to learn more about this!
- **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.



July Programs cont'd

Games

- **Wednesdays, 12:30 - 4:00 pm**
We play a variety of games: Bridge, Euchre, Jokers & Pegs, Hand & Foot & more!
You name it and we will play it!
- **Thursdays, 12:30 - 4:00 pm**
Chess, Dominoes, Hand & Foot, Rook & more.

Healthy Living 101 Wednesdays

FREE Lunch & Learn**

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

- **7/5, 11:30 am-“Patriotic Trivia”** Join us for a light lunch and some patriotic fun!
- **7/12, 11:30 am-“The Future of Arlington”**
Presented by: Arlington’s Town Planner, Angela Reeder.

FREE Snack & Learn**

Be Sure to **RSVP** by the Monday before program.

- **7/19, 11:30 am-**
“Family and Friends Scrabble Mania”
Scrabble has expanded and is bigger than ever. Invite a family member or friend to this fun program. It could be a sibling, grandchild, son/daughter—anyone you would like to spend time with.

FREE Lunch & Bingo

- **7/26, 11:30 am** Sharon McKeen will be our caller.

Music & Wii

Music makes us merry. Each Tuesday we have something different that will brighten your day!

- **Tuesday, 7/11/17, 12:00 pm**
Howard Michael is back!! He plays a variety of music for you to enjoy.
- **Tuesday, 7/18/17, 12:00 pm**
A toe-tapping musical jam session with the fabulous duo: Glenn & Doug!
- **Tuesday, 7/25/17, 12:00 pm**
Wii Bowling is back! Everyone can play—seated or standing. Its just a flick of your wrist. Wii Bowling is fun for everyone.

MAGI-

Thursdays, 10:00 am

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

Movie & Munch Time-

Monday, 7/17/17, 12:00 pm

Join us for snacks and refreshments as we watch the entertaining movie: **Mr. Smith Goes to Washington**: PG Comedy/Drama. James Stewart and Jean Arthur. “A naive man is appointed to fill a vacancy in the United States Senate. His plans collide with corruption, but he doesn’t back down.”

Special Event:

****FREE Creative Writing****

Please call the center for date and time!

Did you know that writing has been shown to help us intellectually, physically, and spiritually? Rediscover yourself and discover new talents through this engaging program. A wonderful professor is volunteering her time to bring the joys of writing to us. Please make time to join us for this exciting event.

No experience needed.

Journaling

Letter Writing

Sharing Memories

Story Telling

****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.