

July 2017

Elizabeth Equi, Director
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Town of Arlington Senior Center
6265 Chester Street

901-867-7698
www.townofarlington.org

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed	4 Closed Happy 4th of July	5 9:00 am Beg. Tai Chi 10:15 am Beg. Aerobics 11:30 am Patriotic Trivia 12:30-4:00 pm Bridge+Euchre+Games	6 9:00 am Chair Exercise 10:00 am MAGI 12:30-4:00 pm Games	7 10:30 am Balance & Strength 6:00 pm White Elephant Bingo & Potluck Supper
10 8:30 am Gentlemen's Coffee 10:30 am Easycise	11 9:00 am Sewing & Coloring 12:00 pm Music w/Howard Michael 2:00 pm New! Fitness Hoop	12 9:00 am Beg. Tai Chi 10:15 am Beg. Aerobics 11:30 am FREE Lunch & Learn "Future of Arlington" 12:30-4:00 pm Bridge+Euchre+Games	13 9:00 am Chair Exercise 10:00 am MAGI 12:30-4:00 pm Games	14 10:30 am Balance & Strength 6:00 pm Summer Celebration (See Insert)
17 8:30 am Gentlemen's Coffee 10:30 am Easycise 12:00 pm Movie Time!	18 9:00 am Sewing & Coloring 12:00 pm Music w/ Glenn & Doug 12:30 pm Birthday Bash 2:00 pm New! Fitness Hoop 6 pm- Garden Club	19 9:00 am Beg. Tai Chi 10:15 am Beg. Aerobics 11:30 am Scrabble Mania w/ Friends or Family 12:30-4:00 pm Bridge+Euchre+Games	20 9:00 am Chair Exercise 10:00 am MAGI 12:30-4:00 pm Games	21 9:00 am SHARE 10:30 am Balance & Strength
24 8:30 am Gentlemen's Coffee 10:30 am Easycise	25 9:00 am Sewing & Coloring 12:00 pm Wii Bowling 2:00 pm New! Fitness Hoop	26 9:00 am Beg. Tai Chi 10:15 am Beg. Aerobics 11:30 am FREE Lunch & Bingo 12:30-4:00 pm Bridge+Euchre+ Games	27 9:00 am Chair Exercise 10:00 am MAGI 12:30-4:00 pm Games	28 10:30 am Balance & Strength 12:00 pm Free! Family or Friend Art Program
31 8:30 am Gentlemen's Coffee 10:30 am Easycise 12:00 pm Book Club	<p>• • • • •</p> <p>2 Exciting Events!</p> <ul style="list-style-type: none"> • Town of Arlington Firework Spectacular! 6:00 pm - 9:30 pm. 7/1/17 • Fireworks start at approximately 9:15 pm. At the Arlington Sports Complex on Memphis-Arlington Rd. • Creative Writing is back! Please call the center for the date and time! <p>• • • • •</p>			