

Town of Arlington Senior Citizens Center



June 2018

Elizabeth Equi, Director
eequi@townofarlington.org

PO Box 507—6265 Chester St—867-7698

Website:
townofarlington.org

June Program Descriptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 2px solid blue; padding: 5px;">  <p>STAY IN THE KNOW! Always be sure to look at the program descriptions pages for more details. This month we have <u>three phenomenal lunch and learns!</u> Plus, we have an additional request to our bingo & a Brain Health Fair! The two descriptions pages keep you informed so you won't miss out!</p> </div>					
<p>4</p> <p>8:30 am: Men's Coffee</p> <p>10:00 am: Easycise</p> <p>11:00 am: Tai Chi</p>	<p>5</p> <p>9:00 am: Sewing & Crafts</p> <p>12:00 pm: Music</p> <p>2:30 pm: Line Dancing</p>	<p>6</p> <p>9:00 am: Tai Chi 2</p> <p>9:45 am: Bible Discussion</p> <p>12:30 pm: FREE Lunch & Bingo</p> <p>11:00 am: Balance & Strength</p> <p>1:30 pm: Games & Bridge</p>	<p>7</p> <p>9:00 am: Balance & Stretch</p> <p>10:00 am: MAGI</p> <p>11:30 am: Potluck Lunch</p> <p>12:45 pm: Games</p>	<p>8</p> <p>9:30 am: Chair Yoga</p> <p>11:00 am: Beg. Aerobics</p> <p>12:30 pm: Line Dancing</p>	<p>9</p>
<p>11</p> <p>8:30 am: Men's Coffee</p> <p>10:00 am: Easycise</p>	<p>12</p> <p>9:00 am: Sewing & Crafts</p> <p>12:00 pm: Special Invite Required</p> <p>2:30 pm: Line Dancing</p> <p>6:00 pm: Loss of spouse group</p>	<p>13</p> <p>9:00 am: Tai Chi 2</p> <p>9:45 am: Bible Discussion</p> <p>11:00 am: Balance & Strength</p> <p>12:30 pm: FREE Lunch & Learn</p> <p>1:30 pm: Games</p>	<p>14</p> <p>9:00 am: Balance & Stretch</p> <p>10:00 am: MAGI</p> <p>12:45 pm: Games</p> <p>7:20 pm: Center's WKNO Premier Party!</p>	<p>15</p> <p>9:30 am: Chair Yoga</p> <p>11:00 am: FREE Art Class</p> <p>12:30 pm: Line Dancing</p> <p>1:30 pm: Tai Chi 1</p>	<p>16</p> <p>12:00 pm: Food Prep</p> <p>See Elizabeth for more info</p> <p>1:30 pm: Games</p>
<p>18</p> <p>8:30 am: Men's Coffee</p> <p>10:00 am: Easycise</p> <p>11:00 am: Tai Chi</p>	<p>19</p> <p>9:00 am: Sewing & Crafts</p> <p>12:00 pm: Music</p> <p>12:30 pm: Birthday Bash</p> <p>2:30 pm: Line Dancing</p> <p>6:00 pm: Garden Club</p>	<p>20</p> <p>9:00 am: Tai Chi 2</p> <p>9:45 am: Bible Discussion</p> <p>11:00 am: Balance & Strength</p> <p>12:30 pm: FREE Lunch & Learn</p> <p>1:30 pm: Games</p>	<p>21</p> <p>9:00 am: Balance & Stretch</p> <p>10:00 am: MAGI</p> <p>11:30 am: Potluck Lunch</p> <p>12:45 pm: Games</p>	<p>22</p> <p>9:30 am: Chair Yoga</p> <p>11:00 am: Beg. Aerobics</p> <p>12:30 pm: Line Dancing</p> <p>1:30 pm: Tai Chi 1</p> <p>6:00 pm: Free Pizza & Trivia</p>	<p>23</p>
<p>25</p> <p>8:30 am: Men's Coffee</p> <p>10:00 am: Easycise</p> <p>11:00 am: Tai Chi</p> <p>12:00 pm: Book Club</p>	<p>26</p> <p>10 am– 12 pm Brain Health Fair</p> 	<p>27</p> <p>9:00 am: Tai Chi 2</p> <p>9:45 am: Bible Discussion</p> <p>11:00 am: Balance & Strength</p> <p>12:30 pm: FREE Lunch & Learn</p> <p>1:30 pm: Games & Bridge</p>	<p>28</p> <p>9:00 am: Balance & Stretch</p> <p>10:00 am: MAGI</p> <p>11:30 am: Potluck Lunch</p> <p>12:45 pm: Games</p>	<p>29</p> <p>9:30 am: Chair Yoga</p> <p>11:00 am: Beg. Aerobics</p> <p>12:30 pm: Line Dancing</p> <p>1:30 pm: Tai Chi 1</p>	<p>30</p>

Art– Friday, 6/15 at 11:00 am

Jodi w/Kiwi Lane will be here teaching a FREE cardmaking class! **RSVP Required**

Birthday Bash– Tuesday, 6/19 at 12:30 pm

Everyone is invited for cupcakes as we celebrate birthdays for: Gail Bishop, Bill Borwick, Dena Chester, Linda Ellis, JoAnn Gaston, Joan Henson, Marilyn Jones, Pat Lamar, Craig & Patty Lord, Patricia Lott, Nancy Myers, Jack Reed, Harold Richards, Shirley Robinson, John Russell, James Watts, Jeanne Welch, David Wiseman, and June Wyatt.

****For Bingo, please bring a donation for the Arlington Little Pantry & a dish to share for the potluck supper. Center will furnish bingo prizes this month. The pantry is in particular need of: boxed cereal, oatmeal, non-refrigerated fruit juice, canned fruit, jelly/jam, peanut butter, shelf stable milk, canned meats, canned stews and pasta or complete meals in a box. For a complete list, please call the center.**

Book Club– Monday, 6/25 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.

Center Premier Party!–6/14 at 7:20 pm

Join us for light refreshments to celebrate as we watch our cooking segment on WKNO's The Best Times, Channel 10!

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.

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.



Food /Meal Prep.– Saturday, 6/16 at 12:00 pm

Be inspired and socialize while we get our recipes set and our prep work out of the way making cooking enjoyable. **Contact Elizabeth for more info.**

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

June Program Descriptions cont'd

Be Healthy!

RSVP the Monday before each program

FREE Lunch and Learn:

**Weather Safety

June 13th at 12:30 pm, Ron Childers, Weatherman from WMC Action News 5 will be here!

**Protect Yourself Online & in Daily Life Interactions

June 20th at 12:30 pm, Join us for an educational presentation from The Tennessee States Attorney General's Office!

**State of The Town

June 27th at 12:30 pm, Learn all about Arlington from Mayor Mike Wissman.

FREE Dining w/ Diabetes Cooking Class:

**Dining with Diabetes

June 22nd and June 29th at 12:00 pm, Cathy Faust with the Shelby County Extension office will educate us on delicious nutritious foods for diabetics. **RSVP required**

FREE Lunch and Bingo:

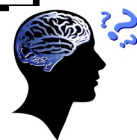
**FREE Lunch and Bingo– June 6th at 12:30 pm

Sponsored by: Dana Griffin w/101 Mobility

Pizza & Trivia FREE– June 22nd at 6:00 pm

Easy to play! Fellowship and engage the brain as each table works together to solve the questions.

National Brain Awareness Month!



Join us on Tuesday, June 26th

10:00-12:00

Brain Health Fair

Everyone needs to attend this fun educational & interactive brain health fair! Each table is designed to show you how simple changes with a variety of activities can make a big impact on your cognitive function. Alzheimer's & Dementia Services will also be here to show you the differences between forgetfulness and the more progressive diseases. They will also have tips for caregivers. [More info to come!](#)

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, June 5th 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, 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, June 19th

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.

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

Neighbors Helping Neighbors Fresh Vegetables

We are so excited that our vegetables at the Arlington Community Garden are growing so well! This year our goal is to use the vegetables at the center with the extra going home with members.

If you have an abundance in your own garden, feel free to bring the extra to the center and we will give it out with ours on a first come, first served basis.

We will be keeping track of how much goes out so we can estimate how many people were a part of this wonderful program.