

**September 2017**

**Art — Friday, 9/22, 12:00 pm**

**FREE Art Program-** Discover Origami!

Create beauty from folded paper! No experience needed.

**Birthday Bash-**

**Tuesday, 9/19, 12:30 pm**

Everyone is invited for cupcakes as we celebrate birthdays for: Virginia Brewer, Ron Brown, Melvin Crosslin, Joe Goodman, Charles Grove, Bill Harvey, Mary Howard, Connie Laubach, and Martha Walton.

**Book Club-**

**Monday, 9/25, 12:00 pm-Dispatches From Pluto**

This lighthearted group is led by our thoughtful Sam T. Wilson librarian, Molly Antoine. Books are available at the Sam. T. Wilson library.

**Coding- Interactive & Fun!—NEW!**

**9/5 and 9/15, 11:30 am— Fun with the Ipad!!**

Bring your iPad or use one of ours! We will solve puzzles as we learn more about how coding works! No experience needed. It is easy to do!

**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-**

**Bible Study- Wednesdays, 9:45 am**

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

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

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

**SHARE- Friday, 9/8, 9:00 am**

A positive discussion group for women. Led by Susan Boyd and Betty Russell.

**Evening- Auction 9/29, 6:30 pm**

You've earned those points, now it is time to spend them! Ryan Tucker with Enterprise Realty will be our auctioneer.

**Evening White Elephant Bingo & Potluck Supper\*\*-**

**Friday, 9/1, 6:00 pm**

Please bring one gift per family and a dish to share for the potluck supper.

**Exercise**

**Free classes for our members!**

- **Balance & Strength- Fridays, 10:30 am**  
Led by Marj. Increase strength, flexibility, & balance. Uses weights, balls, and stretch bands.
- **Beginner Aerobics- Wednesdays, 11:00 am**  
Led by Marj. Easy to learn steps to get that heart rate pumping.
- **NEW!! Chair Exercise- Thursdays, 9:30 am**  
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.

**Special Event: 9/8, 2-4 pm**

Everyone is invited to celebrate Helen Bishop's 97th birthday! Please stop by for cake, snacks, and good wishes.



## September Programs cont'd

**NEW**

**FREE Special Event:**  
**\*\*5th Annual Health Fair\*\***

**FREE**

**Wednesday, September 27th 8:30 - 11:30 am**

Try out the innovative FREE Heart Health Screening! Find out your Heart Health Age! Attendees will have **same day results** for their blood pressure, glucose level, total cholesterol, LDL, HDL, & triglycerides. St. Francis' Director of Pharmacy, Jason Vinson, will be on hand to answer any medications questions you have. Free CPR training available.

\*Fred's pharmacy will provide flu shots at a nominal cost. Most insurances cover the flu shot.

### Games-

#### Wednesday Afternoons

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

##### FREE Mystery Lunch

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

- ★ **9/13, 12:00 pm**-“Mystery Lunch” Put your thinking caps on and help us solve the mystery while enjoying a delicious lunch. Each table works together during this fun event!

##### FREE Snack & Learn\*\*

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

- ★ **9/12, 12:00 pm**-“Local Food Producer” Presented by: Juanita Jones with Jones Orchard. Learn more about the history of this wonderful Orchard located just minutes away.

##### FREE 5th Annual Health Fair!!

- ★ **9/27, 8:30-11:30 am** Join us for our 5th annual Health Fair with St. Francis and Fred's Pharmacy!! Find out your Heart Health age with their innovative new screening! More information above.

### Movie & Munch Time

#### Guardians of Galaxy Vol. 2- PG 13

**Monday, 9/18, 12:00 pm**

Join us for snacks & refreshments as we watch this entertaining action-adventure movie starring Chris Pratt and Kurt Russell.

#### MAGI- Thursdays, 10:00 am

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

### Music & Wii

**Join us for some Musical Merriness!!**

- **Tuesday, 9/19, 12:00 pm, Glenn & Doug!** A toe-tapping musical jam session with the fabulous duo Glenn and Doug. Little bit of country, and little bit of rock-n-roll!
- **Tuesday, 9/26, 12:30 pm, Howard Howell** The always entertaining Howard Howell is back this month! Music makes us merry and may help to lower stress levels. Spend an enjoyable afternoon with us.

#### Photo Walk- Wednesday, 9/20, 12:30 pm

Bring your iPhone and learn some tips and tricks on taking better pictures. Then we will learn how to make simple, but effective edits. We will take a short walk around Depot Square.

### **\*\*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.\*\*