You fit here! Our community learns from each other, feels empowered through programs, and finds empathy, understanding, and determination as they navigate life to the fullest. Here you will find engaging art and music programs, fitness and educational opportunities, current information as well as access to a variety of resources!

Yearly membership is $12 per person for adults 50 and above. To become a member, simply complete the membership enrollment form and return it with your payment. Please bring exact change or note checks need to be made payable to: Town of Arlington. The membership form may be found online under the “Membership Forms” link or at our center.

Registration Policy for RSVP Programs and Events

Participation in our programs is available to all adults 50+ through their membership with our center. All programs are free with membership unless otherwise notated on the calendar.

How to Register

<table>
<thead>
<tr>
<th>Telephone: 867-7698</th>
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<td>Contact the center between 9 am and 4 pm Monday through Friday.</td>
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<th>Walk In: 6265 Chester St.</th>
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<tr>
<td>Register in person between 9 am and 4 pm Monday through Friday.</td>
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Wait Lists

Space is limited. When a class has reached its limit a wait list will be started. If there is a cancellation and a vacancy is available, we will call individuals on the wait list in the order in which they were received.

Cancellation and No Show Policy

Space is limited. If you need to cancel your spot in a class, please try to call the night before so we may contact people on the wait list. Repeated late cancellations or no shows may impact your ability to register for future classes. We understand circumstances arise that you have no control over. We will do our best to work with you.
Arts

Exploration Through Art—Painting
Sarah Nowlin with Creative Aging will be here. “Sarah’s visual arts workshops are designed to put everyone at ease and encourage exploration, whatever a participant’s art background may be.”
Space is limited, RSVP required.
Tue 2/11 10:30-11:30

Experience the Joy of Creativity
Art with Elizabeth. Everyone has an artist within. Let’s find yours! RSVP Required
Tue 2/25 1:45-2:45

Crochet, Knit, Sew, Weave, & More
All crafts are welcomed here! Bring your own project, work on the group project, or simply enjoy chatting with this creative bunch.
Tuesdays 9:00-10:55

Below are Additional Opportunities at the Sam T. Wilson Library
Please contact them at 867-1954

Knitting Club- @Library
All levels of experience welcomed!
Thursdays 10:00-12:00
Saturdays 2:00-4:00

Adult Coloring—Color Me Happy @Library
Supplies provided.
2/12 and 2/26 1:00-4:00

Dance

Line Dancing
Line dancing gets your heart rate pumping while challenging your brain as you find your inner groove. Not sure if this is for you? Stop by and chat with Becky Clay. She will be happy to show you what they are working on.
Fridays (Check time for 2/7) 1:30-3:30

Fitness

Arthritis
This is very similar to our SAIL class with less movement in the beginning. RSVP Required.
Tuesdays 8:00-8:45
Thursdays 9:00-9:45

SAIL—Stay Active & Independent for Life!
This is an evidenced based fitness program that incorporates movement, balance, strength & flexibility. Adaptable to all fitness levels. RSVP Required.

Mondays 10:30-11:30
11:30-12:30
Wednesdays 9:20-10:20
Fridays 9:20-10:20
10:30-11:30

Tai Chi
Tai Chi is great for balance, stress relief & challenges the brain to learn something new!
24 Form 2/4, 2/18, 2/25 11:00-11:45
Arthritis 2/7, 2/21, 2/28 11:30-12:15
Games

Hand & Foot, Rook, Canasta, & More
No experience needed.
Wednesdays 1:40-4:00
Thursdays 1:00-4:00

Bunco
Socialize as you learn to play this easy game.
Tuesday 2/11 1:45-2:45

Scrabble for Annie
Help us honor our dear friend Annie while playing her favorite game.
Tuesday 2/11 12:30-1:30

Language

Spanish with Friends
No experience needed. Transparent Language is a free resource for Tennessee residents through the Tennessee Electronic Library. You can use this program on your computer, tablet, or phone.
Mondays 1:45-2-45

History

Knowing the past and understanding how the society we live in came to be can better equip us for what the future brings.

Library of Congress
Join us for a live webinar! We will learn more about the wonderful online programs they offer and genealogy research.
Wednesday 2/12 RSVP 12:30-1:30

Leah Chase
Woman, Chef, Community Leader. How she changed the dialogue in a divided nation.
Wednesday 2/19 RSVP 12:30-1:30

Music

Kings Daughters
Tuesday 2/4 12:00-1:30

Fabulous Trio Glenn, Steve, & Tessie
Tuesday 2/18 12:00-2:00

Creative Aging’s Gary Abbot
Tuesday 2/25 12:30-1:30

Nature

Community Gardening
Raised beds are available to Arlington residents. To reserve a raised bed please contact Parks & Rec. at 867-4980. Or....

Help Elizabeth raise produce for the center!
We have two beds at the garden and she would love to have help. 867-7698

Literature & Writing

Book clubs are led by Sam T. Wilson’s fantastic librarian, Lisa Lance. Contact the library for more information: 867-1954

Book Chat for Adults @ Library
Monday 2/10 1:30

Senior Book Club @ Library
Monday 2/24 12:30

Creative Writing Workshop @ Library
“Learn to tell a good story with renowned storyteller, Elaine Blanchard with Creative Aging.” FREE workshop for adults 50+
Contact the library to reserve your spot, 867-1954.

Thursdays 6 weeks 1:30
2/13, 2/20, 2/27, 3/5, 3/12, 3/19
Religion

Bible Conversations
A nondenominational group for men and women. Led by volunteers, Albert Campbell & Ken Pfohl.
Wednesdays 10:30-12:00

MAGI
Singing, Fellowship, & More
Thursdays 10:00-11:30

Prophecy Study
Led by volunteer, Dorcas Gallimore
Mondays 12:45-1:45

Social

Men’s Coffee
Get to know the men in town.
Mondays 9:00-10:15

Leap Year Potluck Lunch
RSVP Required- Please bring a dish to share if you are staying for the lunch. We will play games after.
Saturday 2/29 11:30

Lunch & Bingo**
RSVP Required- Sponsor: Guardian Medical
Wednesday 2/5 12:30-1:30

Lunch & Bingo**
RSVP Required- Sponsor: Grant Homes
Learn more about the new housing developments coming to Arlington!
Wednesday 2/26 12:30-1:30

Potluck Lunch & Fellowship
Please bring a dish to share if you are staying for lunch.
Thursdays 11:30-12:45

Social Cont’d

Valentines Day Lunch & Music
$6 per person—Limited Seating, RSVP Req.
We will play games after the program.
Friday 2/14 11:00-12:30

W.E. Bingo & Potluck Supper—RSVP REQ.
This is our Friday night white elephant bingo and potluck supper. Please bring one inexpensive gift per family for bingo and a dish to share for the potluck supper.
Friday 2/7 5:30-7:30

Support Group

New Beginnings
Sharing makes it easier for those going through a challenging time, a loss, or a life change.
Tuesday 2/4 1:45-2:45

Technology

Tech Help Arlington High School
We all have days when technology drives us crazy! Or maybe you are looking to become more comfortable navigating your phone, tablet, or laptop. Learn tips, tricks or simply get answers to bothersome issues!
AHS Beta Club will be here to help:
Mondays 2/3, 2/10, 2/24 3:00-4:00

Assistance from AHS Technology:
Tuesday 2/18 2:30

**The center does not endorse or recommend speakers at the center. They are for informational purposes only.**
Welcome to a new year at the center! Our yearly membership form and payment are due by: 2/28/2020. Please note the updated format for the calendar and be sure to look over all 4 pages. Also included in this calendar is a form that shows our RSVP policy as well as our cancellation policy. If you have any questions, my door is always open. One room + many people = working together.

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