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**

**Telephone:** 867-7698
Contact the center between 9 am and 4 pm Monday through Friday.

**Walk In:** 6265 Chester St.
Register in person between 9 am and 4 pm Monday through Friday.

**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**

Experience the Joy of Creativity — RSVP
Art with Noelle! No experience needed. RSVP Required
Wed 3/11 12:30-1:30

Sew, Crochet, Knit, 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

**Dance**

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 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 3/16, 3/23, 3/30 1:00-1:30/2:00

Arthritis

**Education**

How to Spot a Fake—RSVP
Phone Calls, Texts, Emails, Click Bait, Scams, Fraud, Misleading Information, Oh My!! Join us for this three-part informative series. We will have a speaker each week covering a variety of topics. Learn how to protect yourself and stop the spread of misleading information.
Mondays 3/16, 3/23, 3/30 1:00-1:30/2:00

Below are Additional Opportunities at the Sam T. Wilson Library

**Knitting Club—Library**
All levels of experience welcomed!
Thursdays 10:00-12:00

**Adult Coloring—Color Me Happy @Library**
Supplies provided.
3/11, 3/25 1:00-4:00

**Intro to Looming @ Library**
Call for library for more info.
3/7, 3/28 2:00

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Mondays 10:30-11:30
11:35-12:30

**Tai Chi**
Tai Chi is great for balance, stress relief & challenges the brain to learn something new!

**Phone Calls, Texts, Emails, Click Bait, Scams, Fraud, Misleading Information, Oh My!!**

**RSVP Required.**

**Please contact them at 867-1954**

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**Arthritis**
Today we will learn about Leah Chase. Woman, Chef, Community Leader. How she changed the dialogue in a divided nation.

RSVP
Wednesday 3/25 12:30-1:30

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 1:30
3/5, 3/12, 3/19, 3/26

Kings Daughters
Tuesday 3/3 12:30-1:50
Howard Michael
Tuesday 3/10 12:30-1:30
Fabulous Trio Glenn, Steve, & Tessie
Tuesday 3/17 12:30-1:50

Have you heard about the Arlington Garden Club?
Tuesday 3/17 6:00

Are you borderline or a diabetic? Methodist Hospital will be here with updates on how to lower your risk, how to better manage your sugar, and treatments available.
Friday 3/6 11:45-1:00
Religion

Bible Conversations
A nondenominational group for men and women. Led by volunteers, Albert Campbell & Ken Pfohl.
Wednesday 3/4, 3/11, 3/18 10:30-12:00

MAGI
Singing, Fellowship, & More
Thursday 3/5, 3/12, 3/26 10:00-11:30

Social

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

Lunch & Bingo**
RSVP Required- Sponsor: First Horizons
Wednesday 3/4 12:30-1:30

Pizza & Trivia Night
RSVP Required– This is our free pizza and trivia night. Each table works together to solve the questions. Easy to play & fun for everyone!
Friday 3/6 5:30-7:30

Potluck Lunch & Fellowship
Please bring a dish to share if you are staying for lunch.
Thursday 3/5, 3/12, 3/26 11:30-12:45

Price is Right is Back!
Each table works together—RSVP
Wednesday 3/18 12:30-1:30

Tennessee Shakespeare’s 12th Night-RSVP
Celebrate the National Let’s Laugh Day with us as we watch this irrepressible comedic Creative Aging performance!
Thursday 3/19 12:15-1:15

Step Outside the Box & Try Something New!

Never stop growing! Life is more fun when we step outside of our comfort zone and try something new. We laugh, create memories with friends, and grow as individuals. This workshop will engage us in ways as never before which will help us mentally, physical, and emotionally.

Be brave and join us for this wonderful Creative Aging workshop

Acting/Improv—More info in RSVP Binder
3/24, 3/31, 4/7, 4/14, 4/21, 4/28 at 11:00 am

Support Group

New Beginnings
Sharing makes it easier for those going through a challenging time, a loss, or a life change.
Tuesday 3/10 11:00-12:00

Technology

Tech Help Arlington High School Beta Club
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! RSVP
Mondays 3/2 3:00-4:00

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