### January 2020

#### Book Club @ lib.
- **Monday**
  - **9:00 am:** Sewing & Crafts  
  - **10:30 am:** Bible Conversations  
- **Tuesday**
  - **9:00 am:** SAIL—RSVP  
- **Wednesday**
  - **9:00 am:** Bible Conversations  
- **Thursday**
  - **9:00 am:** SAIL—RSVP  
  - **10:30 am:** Bible Conversations  
  - **11:30 am:** Tai Chi  
  - **12:30 pm:** Art Workshop 1 RSVP  
  - **1:30 pm:** Line Dance  
- **Friday**
  - **9:00 am:** Arthritis RSVP  
  - **10:30 am:** SAIL—RSVP  
  - **11:30 am:** Tai Chi  
  - **12:30 pm:** Art Workshop 1 RSVP  
- **Saturday**
  - **9:00 am:** SAIL—RSVP  
  - **10:30 am:** SAIL—RSVP  
  - **11:30 am:** Tai Chi  
  - **12:30 pm:** Art Workshop 1 RSVP  
  - **1:30 pm:** Line Dance

### Art Workshop Fridays 1/10, 1/17, 1/24, 1/31
- We are so excited to host our very first art workshop with Creative Aging! This is a 4 Part Series — No experience needed. Artist Jimspie Ayers will teach new techniques such as calligraphy, photo manipulation, collage, printmaking and more! RSVP Req.

### Birthday Cheer— A Very Happy Birthday to:
- Donna Burgess, Jane Durham, Sandra Fleming, Wanda Franklin, Karla Griffin, Wanda Hitchcock, Dick Hunter, Richard Johnson, Joyce Longo, Becky Stirling, Robert Tisdale, Virginia Vierkandt, Terry Wax, Frank Williams, and John Wyatt.

### Book Club— Monday, 1/27 at 12:30 pm
- This is a wonderful group hosted at the Sam T. Wilson library. Please contact staff for more information.

### Crafts— Tuesdays at 9:00 am—10:30 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 Conversations— Wednesdays at 10:30 am**
- "A non-denominational group for men & women.

#### Tai Chi—Fridays
- Tai Chi is great for balance, stress relief and challenges the brain to learn something new!

#### SAIL— Mondays, Wednesdays, Fridays—RSVP Please
- Staying Active & Independent for Life: Strength, balance, and fitness class. *Please RSVP to reserve a spot.*

#### Tai Chi 24—Taught by Becky S.
- Our wonderful volunteer, Becky will show you how to adapt Tai Chi 24 to your fitness level. Great for balance & brain health.

### FREE Art Class— Wed 1/8 & 1/15 at 12:30 pm
- 2 Part Class—Glass Fusion with Creative Aging Artist, Teresa White. Create a beautiful one of a kind piece. RSVP required.

### 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.
**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, January 7th 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, January 14th 12:30 pm**
  The talented Howard Michael is back! Join us for a wonderful program that will bring back memories as he sings oldies but goodies.
- **Tuesday, January 21st 12:30 pm**
  The Fabulous Four: Glenn, Doug, Steve & Tessie! Little bit of country, little bit of rock n roll. An entertaining afternoon filled with great music, laughter, & friendship.

**Inclement Weather Policy**
Winter is upon us & that means there may be days the center is closed due to severe weather. As a general rule we mostly follow the Arlington Schools policy. Most of the time when they are closed, we will be closed. However, there may be times that we remain open. In these cases, we will post an announcement to the town’s Facebook page and website. Or call the center to make sure we are open.

**Winter Weather Safety**
- Stay hydrated.
- Dress in layers to stay warm.
- Wear shoes with traction to prevent slippage.
- Have a safety kit in your car w/ water, snacks, extra medications, clothes, hat & gloves.
- If you are staying for the potluck lunch, please bring a dish to share.
- Let people know where you will be.
- Keep your pantry & medicine cabinet full.
- Have your phone or an alert necklace with you whenever you go outside, even to grab the mail or to take out/bring in the garbage cans.
- What will you do if your heat & electricity go out? How will you stay warm? Can you shelter in place if the roads are bad? Where will you go? Be Prepared! Have a plan in place before an emergency occurs.

**Lectures & Events**
- **Learn Spanish w/ Friends: Tuesdays-Times vary**
  Life-long learning is essential to keep our minds sharp. Join us for an informal gathering as we use the center iPads to increase our Spanish vocabulary.
- **Price is Right: January 28th, 12:30**
  Join us for a fun event as we recreate games from this hilarious game show! RSVP by 1/27.
- **FREE Lunch & Learn: January 29th, 12:30 pm**
  **Learn more about Estate/Trust Planning with First Citizens National Bank, Arlington. RSVP by 1/27.**

**A Note from Elizabeth:**
Welcome to a new year at the center! Please note the 2020 membership forms will be included with the February calendar. You will notice quite a few scheduling changes for the new year. Many programs per day means time is needed to rearrange the room accordingly. However, these changes will not only allow us to transition between programs easier, but also to add in more!

Our goal has always been to provide a nurturing environment that encourages you physically, intellectually, and socially. It is vital that we continue to challenge ourselves throughout our lives. Try a new activity! Learn something new! Reach out to others and make new friends!

Here at the Arlington Senior Center, we are more than a simple building—we are a growing, changing, progressing community, and we will continue to improve our programs, outreach, and impact in 2020.

Wishing You All the Best in the New Year.