July 2015 Activities at the Center

8:30 am  Monday -  GENTLEMEN’S COFFEE – Enjoy a fresh cup of coffee with the men from town.

10:30 am Monday –  CHAIR YOGA with Mimi
This exercise class will focus on flexibility through stretching, balance and proper breathing techniques.

9:30 am Tuesday –  SEWING/QUILTING – “KEEP YOU IN STITCHES”
This group has a different project each month. Even if you don’t sew you can join this group of ladies!!
You will enjoy visiting with them and seeing the fun they have during this time.

12:00 pm Tuesday July 21st –  Birthday Celebration – Everyone is invited for cake & ice cream to celebrate!

12:00 pm Tuesday –  MUSIC

1:00 pm Tuesday July 7th –  iPad Help

1:00 pm Tuesday –  Wii fun competition with bowling, golf, tennis (See Front of Calendar for Dates)

10:30 am Wednesday –  EXERCISE CLASS – MATURE & WISER AEROBICS
You will learn to move and increase your heart rate while having fun with low impact aerobics. This class will get your heart rate up and also will burn calories as you exercise. A great class for beginners, too!

1:00 pm Wednesday –  EXERCISE CLASS – ADVANCED AEROBICS for SENIORS
This class takes it up a notch. You will move at a faster pace doing movements that will challenge you to work a little harder. If you haven’t tried it, come join us and give it a try.

11:30 am Wednesdays -  HEALTH 101 – Join Marj each week for all your health needs.

*July 1st –  Chat with Matt Connell- Arlington Physical Therapy: “Movement Tips for Easy Travel”

*July 8th –  Lunch & Learn with Mark Louderback “Living in Retirement: Making your Money Work”
RSVP by Monday July 6th

*July 22nd –  Lunch & Daytime Bingo with Marilyn Loeffel with Brentwood Funeral Services
RSVP by Monday July 20th

10:00 am Thursday –  MAGI (Mature Adults Getting Involved) – Singing, movie, and potluck lunch are all the fun things this lively group participates in. Bring a dish and enjoy a delicious meal. Invite a friend!

12:30 pm Thursday –  GAMES – Rook, Dominos, Cards and Scrabble. Join in the fun and if there is another game you would like to play just let us know.

10:30 am Friday –  EXERCISE CLASS – EXERCISE, BALANCE & STRENGTH
This exercise class will focus on low impact cardio, strength training, flexibility and balance using light weights, small balls and stretch bands. This class is easily adapted to any level of fitness ability.

12:00 pm Friday July 24th –  Scrapbooking - VOLUNTEERS NEEDED. Please help us scrapbook a page or two so we can enjoy our Senior Center pictures in albums. Not a scrapbooker? We’ll teach you and you’ll be surprised how easy and fun it is to create a page!

6:00 pm Friday July 3rd –  BBQ BINGO  $6.00 for BBQ dinner & dessert!
RSVP & drop off your money by Tuesday, June 30th. Caller will be Brian Elder with Elder Roofing.

*The Arlington Senior Center does not endorse or recommend any of the speakers at the center. These programs are for informational purposes only.