

ARKELL CENTER NEWS – JULY, 2019

ALL PROGRAMS ARE CLOSED JULY 4 & 5 DUE TO THE HOLIDAY THIS YEAR

Arkell Center Programs for ALL AREA Seniors during JULY are as follows:

- Monday–Fri:** 11:45am the OFA Meals of Montgomery- serves hot meals, \$3.00 donation for 60 and older. Call 673-2000 to reserve.
- Mon,Wed & Fri:** 10-10:30a.m. – Senior Exercise Program is in the basement. Coffee after
- Tuesday:** 9-10 am –Core Strength & Stability Class in the basement. Donation \$5, instructor Sharon C.
- Tuesdays:** 10-11am – TAI CHI CLASS -- sponsored by Montgomery Cty OFA, instructor -EARL O'BRYAN. Donations
- Wednesdays:** 2– 2:25 – Chair yoga in the Gallery ---- 2:30-3:30pm; Gentle Yoga, in the basement, \$5 donation—instructor-- Patty P.
- Fridays:** 9-10 am – Yoga with Sharon C. in the Gallery. \$10

SPECIAL EVENTS –ALL ARE WELCOME!!

- Tues, July 2:** 11:15am -12:15pm, Blood Pressure Clinic Home Health Care Partner's Corp. (Co-Sponsored by St. Mary's & Nathan Littauer Hospital).
- Wed, July 3,10,17,24&31:** 12:30pm to 4pm -Senior Citizens Pinochle Card Party, donation \$2.00, prizes & refreshments. Looking to sub, call Terry-673-5635.
- Wed, July 10:** 10:30-11:30am – Farmers Market Coupons distributed by MC OFA
- Thurs, July 11:** 1:30PM-- Water Color with Shanna Becker in the Gallery, cost-\$10
- Mon, July 22:** 6pm to 8pm --Knit/Crochet with Carol Balfe –Join us.
- Fri,July 26:** 10am – Gary Van Slyke will be entertaining us with “Train Songs”

COMING --FRI, AUG 2: 1:30--Hot Pots Kitchen Band - Join us!

MEETINGS- ALL ARE WELCOME TO ATTEND

Canaj/Pal Br. senior Citizens Club meetings cancelled for July – NEXT MEETING AUG. 2ND at 1pm.

Thurs, July 11,18&25:10:15-11 am – Diet Club – Gallery at Arkell Center, The goal is to be held accountable while maintaining weight, 518-673-2112.

Tues, July 9: 6pm-- Canaj/PB Chamber of Commerce Meeting At Arkell Center

Submitted by Joan M. Cimino