

ARKELL CENTER NEWS --JULY, 2022

ARKELL COMMUNITY CENTER WILL BE CLOSED JULY 4TH IN HONOR OF INDEPENDENCE DAY!

Arkell Center programs for all area seniors during JULY are as follows:

Mon, Wed, Fri: 11-11:30am Senior Exercise Program is in the basement.

Tues: 10-11am – Tai Chi Class – sponsored by MCOFA. This is held in the Arkell Community Center for all Seniors. Donations accepted.

Fri: 8:30-10am Yoga with Sharon C. in the Gallery \$10

MEETINGS & SPECIAL EVENTS – ALL SENIORS WELCOME

Wed, 7/6-13-20&27:12:30pm to 4pm – Senior Citizens Pinochle Card Party, \$2 donation - prizes & refreshments. Subs needed, call Terry 518-673-5635.

Fri, 7/15: 1:30pm - Gary Van Slyke will perform with Award winning songs of Hollywood at Arkell Community Center. Please join us.

THERE WILL NOT BE ANY SENIOR CITIZENS MEETINGS FOR THE MONTH OF JULY. Next meeting will be 8/12 at 1pm with Julianne Clouthier speaking on her time spent in Costa Rica directly following the meeting.

Sign up:

Thurs 8/11: Defensive Driving with April Johnson - Shults Agency – filling up quickly - Sign Up Now – 518-673-4408.

Thurs 9/22: 9-3pm Shults Agency will be having a defensive driving class at Arkell Center. Call 518-673-4408 to reserve a space.

DID YOU KNOW:

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2022 is on Monday, July 4, 2022.

Joan Cimino, Program Director -518-673-4408