



WASI Senior Flyer

1301 South Century Circle Wasilla, Alaska 99654

January 2012



Happy January Birthday to...

Joni Fleckenstein	01	Mary Cowen	15
Leonard Palmer	01	George Falconieri	15
Edward Tremper	03	Rev. Priscilla Fulford	16
Mary Kvalheim	04	Sharon Peek	17
Nancy Tremper	04	Barbara Storud	17
John Combs	05	Margaret McCauley	18
Velma Peck	06	Bob Bowers	19
Dorothy Maslyk	07	Martin Hanna	19
Ted Prudence	07	Diane Treece	19
Levolia Rice	09	America Cortijo	20
Gail Frank	11	Thomas Hollander	20
Diana Strzok	11	Patricia Mehaffey	20
James Davis	12	Jeanette Rhein	22
Steve Konieczki	12	Charlene L Marks	25
Helen (Sissy) Sullins	12	Wayne Pinquoch	25
Gilbert Turcotte	12	Ron Cox	27
James Vrooman	12	Thelma Koppenberg	27
Vanessa Gittlein	14	Ellen (Elmer) Grindle	28
Velez Ransom	14		

Thank You Immediate Care
for our Birthday Cakes each month



Please be sure to come by WASI
2012 Membership fee is due now.

Monday January 2 CLOSED HAPPY NEW YEAR

Tuesday January 17th 12:15 p.m.
Membership Meeting

Thursday January 19th 9:00 a.m.
Board Meeting

Monday 10:00 a.m. **Wednesday** **Friday**
Strong Seniors (Exercise Class)

Monday & Friday
1:00 p.m. Strong Seniors (Exercise Class)

Mondays starting January 30th
12:30 p.m. to 3:00 p.m.
Better Choices Better Health

Tuesdays & Thursdays starting January 5th
9:30 a.m. Strong Women Healthy Hearts
Thru March 29th

Wednesdays
1:00 p.m. Art Group
1:00 p.m. BINGO

Fridays
11:00 - 11:30 a.m. Blood Pressure Checks

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On December 20th we had the privilege to honor these amazing volunteers present at WAS!

AJ Chevalier	Karen Eslinger
Bob Brickel	Noel Halvorson
Carl Tinsley	Ron Farley
Carlene Sanders	Ruth Tinsley
Chuck Elsberry	Sandy Giddens
Emily Goodwin	Sharon Davis
Gene Chapedos	Wanda Murphy



Volunteers make each day brighter and a **WHOLE LOT** Easier.
Thank You so Much for the priceless gift of your time.



Thank You

Sacred Heart Catholic Church

Everyone received Christmas Gifts Thursday December 22nd



Club50 Growing Happier and Stronger

It is awesome to report we have more than 70 **ACTIVE** members of Club50 and Strong Seniors. Thank you to Peggy for the change in atmosphere bringing more folk in and some folks back. Have you checked out Club50 lately? It's a hub of activity with more exciting new programs coming in January. Come Join the fun and get fit.

Monday - Friday 8:00 a.m. to 4:00 p.m.

Peggy 376-3104 Ext 8672

LIFTING WOMEN TO BETTER HEALTH



STRONGWOMEN
HEALTHY HEARTS

STRONG WOMEN – HEALTHY HEARTS PROGRAM!

Heart disease is the leading cause of death for women in the United States. Heart disease and stroke can also limit a woman's ability to do the everyday things that she is used to doing.

The StrongWomen - Healthy Heart Program is a fun, hands-on way to make positive changes to help you eat better, move more, and improve your general health and well-being. For women age 40 and over. Classes meet twice a week for 12 weeks.

9:30 am Tuesdays and Thursdays

Wasilla Senior Center, 1301 Century Circle

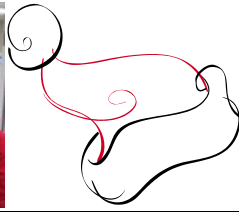
Starts Thursday, January 5, 2012 **No Charge**

To sign up or for more information on *StrongWomen – Healthy Hearts* please contact:

Julie Cascio UAF Cooperative Extension Service 809 S Chugach, Palmer Alaska 99645 745-3677

Oh what fun it is at WASI

December was full of fun activities, delicious food and good times.....



Ruthie & Noel were the winners of the Christmas Hat Contest. We sure hope Santa was able to get out of that chimney in time to deliver all the gifts around the world !



On December 16th WASI was filled to capacity with diners enjoying a Prime Rib lunch
Thank You Ken & Crew for another awesome meal



Dzuuggi Preschool



Early Years School House



WASI Senior Flyer

Wasilla Area Seniors, Inc
Floyd D. Smith Senior Citizens Center
1301 S Century Circle
Wasilla, AK 99654

Non Profit
U.S. Postage Paid
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PERMIT # 94

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- Meadow Lakes Seniors

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