





Wasilla Area Seniors, Inc.  
 1301 South Century Circle  
 Wasilla, Alaska 99654  
 907-376-3104



**OPEN**  
**MONDAY** thru **SATURDAY**  
 8:00 am - 4:00pm  
**CLOSED** on **HOLIDAYS**  
 (Offices are closed on Saturdays)

**We can't list everything here! Please visit our website for more: [www.wasillaseniors.com](http://www.wasillaseniors.com)**

| SUNDAY                                  | MONDAY               | TUESDAY                                     | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|---|----------------------|---|--|---|--|--|
| May 28                                  | Memorial Day         | May 30                                      | May 31   | 1   | 2  | 3  |
| 11:30 Non-Denominational Church Service |                      | 5:30 - 7 Weight Watchers                    | 10 - 11 Bible Study<br>12 - 1 Rotary<br>1 - 3  BINGO<br>1 - 3 Art Group                    | 12:30 MASCOT Bus to Carrs<br>1pm Chess Club   | 9:30 - 11 Weight Watchers<br>10 - 11 Blood Pressure & Glucose Check  | 8 - 9:30 Weight Watchers<br>10am Miles for Meals on Wheels |
| 4                                       | 5                    | 6   | 7  | 8   | 9  | 10   |
| 11:30 Non-Denominational Church Service | 1 - 3 Crafters' Club | 5:30 - 7 Weight Watchers<br>6:30 Lions Club | 10 - 11 Bible Study<br>12 - 1 Rotary<br>1 - 3  BINGO<br>1 - 3 Art Group<br>5-6 Paint Night | 12:30 MASCOT Bus to Fred Meyer<br>1pm Chess Club<br>12:30-2 Living well with vision loss      | 9:30 Weight Watchers<br>10 - 11 Blood Pressure & Glucose Check<br>11:15 Birthday Celebration<br>1 - 2 Senior Food Box Distribution | 8 - 9:30 Weight Watchers                                   |
| 11                                      | 12                   | 13  | 14   | 15  | 16   | 17   |
| 11:30 Non-Denominational Church Service | 1 - 3 Crafters' Club | 9-3 AK hearing<br>5:30 - 7 Weight Watchers  | 10 - 11 Bible Study<br>12 - 1 Rotary<br>1 - 3  BINGO<br>1 - 3 Art Group                    | 9:30 Board Meeting<br>12:30 MASCOT Bus to Walmart<br>12:30 Better Breathers<br>1pm Chess Club | 9:30 - 11 Weight Watchers<br>10 - 11 Blood Pressure & Glucose Check<br>1 - 2 Senior Food Box Distribution                          | 8 - 9:30 Weight Watchers                                   |

| SUNDAY                                  | MONDAY               | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY                 |
|---|----------------------|---|---|--|---|--------------------------|
| <b>18</b>                               | <b>19</b>            | <b>20</b>   | <b>21</b>   | <b>22</b>  | <b>23</b>   | <b>24</b>                |
| 11:30 Non-Denominational Church Service | 1 - 3 Crafters' Club | 1-2:30 Memory Cafe<br>5:30 - 7 Weight Watchers<br>6:30 Lions Club | 10 - 11 Bible Study<br>12 - 1 Rotary<br>1 - 3 <br>1 - 3 Art Group | 12:30 MASCOT Bus to Shoppers' Choice<br>10-3 Quilts of Valor<br>1pm Chess Club         | 9:30 - 11 Weight Watchers<br>10 - 11 Blood Pressure & Glucose Check | 8 - 9:30 Weight Watchers |
| <b>25</b>                               | <b>26</b>            | <b>27</b>   | <b>28</b>   | <b>29</b>  | <b>30</b>   | <b>July 1</b>            |
| 11:30 Non-Denominational Church Service | 1 - 3 Crafters' Club | 5:30 - 7 Weight Watchers  | 10 - 11 Bible Study<br>12 - 1 Rotary<br>1 - 3 <br>1 - 3 Art Group | 9:30 - 11:30 Estate Planning<br>12:30 MASCOT Bus to Shoppers' Choice<br>1pm Chess Club | 9:30 - 11 Weight Watchers<br>10 - 11 Blood Pressure & Glucose Check | 8 - 9:30 Weight Watchers |

## Club 50 Fitness Center and HPDP Classes

| SUNDAY                   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY              |
|--------------------------|--|--|--|---|---|-----------------------|
| <b>Closed on Sundays</b> | 8:30am Strong Seniors<br>10am Strong Seniors<br>11:15am NIA<br>12:30pm Line Dance<br>1pm Tai Chi | 10am Zumba<br>12:30pm Strong Seniors<br>5pm NIA (\$10) | 8:30am Strong Seniors<br>10am Strong Seniors<br>11am Let's Walk<br>1pm Tai Chi | 10am Let's Walk DVD<br>12:30pm Strong Seniors<br>12:30 Line Dance<br>5pm NIA (\$10) | 8:30am Strong Seniors<br>10am Strong Seniors<br>11am Let's Walk<br>1pm Yoga | 9:30am Bare Your Sole |