





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
November 26	November 27	November 28	November 29	November 30	1	2
11:30 Non-Denominational Church Service	1 - 3 Crafters' Club	5:30 - 7 Weight Watchers	10 - 11 Bible Study 1 - 3  1 - 3 Art Group	10-2 ADRC Medicare Part D counseling 10-2 Quilts of Valor 12:30 Valley Transit Bus to Shoppers' Choice	9:30 Estate Planning 9:30 Weight Watchers 10 - 11 Blood Pressure & Glucose Check	12:15 Oral Cancer Screening Presentation  8 - 9:30 Weight Watchers
3	4	5	6	7	8	9
11:30 Non-Denominational Church Service	1 - 3 Crafters' Club	11-3 AK Hearing 11:30 Fraud Prevention Presentation 5:30 - 7 Weight Watchers 6:30 Lions Club	10 - 11 Bible Study 1 - 3  1 - 3 Art Group	12:30 Valley Transit Bus to Carrs	9:30 Weight Watchers 10 - 11 Blood Pressure & Glucose Check 11:15 Birthday Celebration 1 - 2 Senior Food Box Distribution	8 - 9:30 Weight Watchers
10	11	12	13	14	15	16
11:30 Non-Denominational Church Service	1 - 3 Crafters' Club	5:30 - 7 Weight Watchers	10 - 11 Bible Study 1 - 3  1 - 3 Art Group	12:30 Valley Transit Bus to Fred Meyer 1pm Chess Club 12:30-2 Living well with vision loss	9:30 - 11 Weight Watchers 10 - 11 Blood Pressure & Glucose Check 1 - 2 Senior Food Box Distribution	8 - 9:30 Weight Watchers

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
17	18	19	20	21	22	23 CLOSED	
11:30 Non-Denominational Church Service	9:30 Teeland Middle School Visit 1 - 3 Crafters' Club	1-2:30 Memory Cafe 5:30 - 7 Weight Watchers 6:30 Lions Club	10 - 11 Bible Study 11am Machetanz Elementary School Christmas Carolers 1 - 3  1 - 3 Art Group	10am Board Meeting 12:30 Valley Transit Bus to Walmart 12:30 Better Breathers 1pm Chess Club	9:30 Weight Watchers 10 - 11 Blood Pressure & Glucose Check		
24	25 CLOSED	26 CLOSED	27	28	29	30	
11:30 Church Service	 Remember WASI	 is closed Jan 1!	10 - 11 Bible Study 1 - 3  1 - 3 Art Group	10-3 Quilts of Valor 12:30 Valley Transit Bus to Shoppers' Choice 1pm Chess Club	9:30 Weight Watchers 10 - 11 Blood Pressure & Glucose Check	8 - 9:30 Weight Watchers	
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11:30 Church Service							

## Club 50 Fitness Center and HPDP Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed on Sundays	8:30am Strong Seniors 10am Strong Seniors 11:15am NIA 1pm Tai Chi 2:30pm Yoga 4:00pm Tai Chi for Energy	10am Zumba 12:30pm Strong Seniors 5pm NIA (\$10)	8:30am Strong Seniors 10am Strong Seniors 11am Let's Walk DVD 1pm Tai Chi 4pm Tai Chi for Energy	10am Let's Walk DVD 12:30pm Strong Seniors 5pm NIA (\$10)	8:30am Strong Seniors 10am Strong Seniors 11am Let's Walk DVD	9:30am Bare Your Sole