



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

# September 2018

**OPEN**  
**Monday thru Friday**  
**8 am - 4 pm**  
**Closed on Holidays**

Please visit us on the web: [www.wasillaseniors.com](http://www.wasillaseniors.com) & Like Us on Facebook!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1 closed</b>
11:30 Christian Church Service  2:00 Valley Fellowship Service		5:30 - 7 pm Weight Watchers	10 - 11 Bible Study  1 - 3  1 - 3 Art Group	12:30 Valley Transit Bus to Shoppers' Choice  1pm Chess Club	9:30 Weight Watchers	8 - 9:30 Weight Watchers  Club 50 open until 4 pm
<b>2</b>	<b>3 CLOSED</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8 closed</b>
11:30 Christian Church Service  2:00 Valley Fellowship Service	 Labor Day	5:30 - 7 Weight Watchers  6:30 Lions Club	10 - 11 Bible Study  1 - 3  1 - 3 Art Group	11:45 Miracle Ear  12:30 Valley Transit Bus to Carrs 1:00 Chess Club	9:30 Weight Watchers	8 - 9:30 Weight Watchers  Club 50 open until 4 pm
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15 closed</b>
11:30 Christian Church Service  2:00 Valley Fellowship Service		9:30 - 11:30 am Estate Planning 101  5:30 - 7 pm Weight Watchers	12:30-2 Living Well with Vision Loss  10 - 11 Bible Study  1 - 3  1 - 3 Art Group	12:30 Valley Transit Bus to Fred Meyer  1:00 Chess Club	9:30 Weight Watchers  11:15 Birthday Celebration  1 - 2 Senior Food Box Distribution	8 - 9:30 Weight Watchers  Club 50 open until 4 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22 closed</b>
<b>11:30</b> Christian Church Service  <b>2:00</b> Valley Fellowship Service		<b>1-2:30</b> Memory Cafe  <b>5:30 - 7</b> Weight Watchers  <b>6:30</b> Lions Club	<b>10 - 11</b> Bible Study  <b>1 - 3</b>  <b>1 - 3</b> Art Group	<b>9:30 WASI Board Meeting</b>  <b>12:30</b> Better Breathers <b>12:30</b> Valley Transit Bus to Walmart <b>1:00</b> Chess Club	<b>9:30 - 11</b> Weight Watchers  <b>1 - 2</b> Senior Food Box Distribution	<b>8 - 9:30</b> Weight Watchers  Club 50 <i>open until 4 pm</i>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29 closed</b>
<b>11:30</b> Church Service <b>2:00</b> Church Service		<b>5:30 - 7 pm</b> Weight Watchers	<b>10 - 11</b> Bible Study  <b>1 - 3</b>  <b>1 - 3</b> Art Group	<b>10-3 Quilts of Valor</b>  <b>12:30</b> Valley Transit Bus to Shoppers' Choice  <b>1pm</b> Chess Club	<b>9:30</b> Weight Watchers	<b>8 - 9:30</b> Weight Watchers  Club 50 <i>open until 4 pm</i>
<b>30</b>						
<b>11:30</b> Church Service <b>2:00</b> Church Service						

## Club 50 Fitness Center & Healthy Aging Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Closed on Sundays</b>	<b>8:30</b> Strong Seniors  <b>10am</b> Strong Seniors  <b>11am</b> NIA 52 Moves <b>1pm</b> Beginning Tai Chi for Health <b>2:30</b> Yoga (Open 8-2:30 Mondays)	<b>12:30</b> Strong Seniors  <b>5pm</b> NIA (\$10)	<b>8:30</b> Strong Seniors  <b>10am</b> Strong Seniors  <b>11am</b> Let's Walk DVD <b>1pm</b> Beginning Tai Chi for Health	<b>10am</b> Let's Walk DVD  <b>12:30</b> Strong Seniors  <b>5pm</b> NIA (\$10)	<b>8:30</b> Strong Seniors  <b>10am</b> Strong Seniors  <b>1 pm</b> Let's Walk DVD	<b>9:30am</b> Bare Your Sole  <b>Club 50 is open until 4 pm on Saturdays</b>