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



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
27	Closed	28		29		30		31		1		2	
	Christian Iurch Service			5:30-7	Weight Watchers	10-11 1-3	Bible Study		Valley Bus opper's Choice	9:30-11	Weight Watchers	8-9:30	Weight Watchers
<b>2:00</b> Fellow	Valley vship Service					1-3 6-7	Art Group Men's Bible Study	1:00	Chess Club	hell FEBI	RUARY		
-		-		_		-							pen until 4pm
3		4		5		6		7		8		9	
11:30	Christian	9:30	AARP Tax	9:30	Estate	10-11	Bible Study	12:00	Miracle Ear	9:30-11	Weight	8-9:30	Weight
	urch Service		Aide		Planning	1-3	BINGO	12:30	Valley Bus		Watchers		Watchers
2:00	Valley	Tt's	not how	5:30-7	Weight	1-3	Art Group		to Carrs	11:15	Birthday		
Fellow	vship Service	muc	h we		Watchers	6-7	Men's Bible	1:00	Chess Club		Celebration		
		GI	VĘ	6:30	Lions Club		Study			1-2	Senior Food		
		LC we pl	w much VE ut into ing							Во	x Distribution	Club 50 oj	oen until 4pm
10	Closed	11		12		13		14 Valen	tine's Day	15		16	
11:30	Christian	9:30	AARP Tax	1-2:30	Memory	10-11	Bible Study	12:30	Valley Bus	9:30-11	Weight	8-9:30	Weight
Ch	urch Service		Aide		Café	1-3	BINGO		to Fred Meyer		Watchers		Watchers
2:00	Valley	12-12:30	American	3-4	Senior Ed	1-3	Art Group	1:00	Chess Club	1-2	Senior Food		
Fellow	, vship Service	Lu	ung Assoc.	5:30-7	Weight	6-7	Men's Bible			Во	x Distribution		
	·		0		Watchers		Study	Today is	s Red/Pink				
						12:30	Living Well w/Vision Loss	Day!	HAPPY VALENTINES DAY!!!			Club 50 oj	oen until 4pm

Please visit us on the web: www.wasillaseniors.com & Like Us on Facebook!

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
17	Closed	18	Closed	19		20		21		22		23	
11:	<b>30</b> Christian			3-4	Senior Ed	10-11	Bible Study	9:30	Board Mtg.	9:30-11	Weight	8-9:30	Weight
	Church Service		T	5:30-7	Weight	1-3	BINGO	12:30	Better		Watchers		Watchers
2:0	00 Valley				Watchers	1-3	Art Group		Breathers				
F	ellowship Service			6:30	Lions Club	6-7	Men's Bible	12:30	Valley Bus		🖄		
			1				Study		to Walmart	<b>Lет</b> а тнату			
								1:00	Chess Club	BE DON			
		OBREST D	ENTS OF AY								ALL		
		US R R B I B										Club 50 o	pen until 4pm
24	Closed	25		26		27		28		1		2	
11:	<b>30</b> Christian	9:30	AARP Tax	3-4	Senior Ed	10-11	Bible Study	10-3	Quilts of	9:30-11	Weight	8-9:30	Weight
	Church Service		Aide	5:30-7	Weight	1-3	BINGO		Valor		Watchers		Watchers
2:0	00 Valley				Watchers	1-3	Art Group	12:30	Valley Bus				
F	ellowship Service					6-7	Men's Bible	to Sho	pper's Choice				
							Study	1:00	Chess Club				
												Club 50 o	pen until 4pm

## Club 50 Fitness Center & Healthy Aging Classes



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 Strong Seniors	<b>10 am</b> Zumba	8:30 Strong Seniors	11:15 First Timer's	8:30 Strong Seniors	9:30 am Morning
	10 am Strong Seniors	11:15 First Timer's	10 am Strong Seniors	Tai Chi	10 am Strong Seniors	Stretch
	11:15 NIA 52 Moves	Tai Chi	11 Let's Walk DVD	12:30 Strong Seniors	11 Let's Walk DVD	
Open Mon-Sat	<b>1 pm</b> Beginning Tai	12:30 Strong Seniors	<b>1 pm</b> Beginning Tai	1:30 Let's Walk DVD		Club 50 is open
8 am to 4 pm	Chi for Diabetes	1:30 Let's Walk DVD	Chi for Diabetes			8 am to 4 pm
Closed	<b>2:30</b> Yoga					on Saturdays
Sunday						
	* Gym and showers	<b>5 pm</b> NIA (\$10)		<b>5 pm</b> NIA (\$10)		
	are closed during Yoga.					