


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






AUGUST

2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Closed	29	30	31	1	2	3
11:30 Christian Church Service 2:00 Valley Fellowship Service	<i>On this day in 1958 NASA was Created</i>	5:30 -7 Weight Watchers	10-11 Bible Study 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	12:30 Rehab Education 12:30 Valley Transit to Carrs 1:00 Chess Club	9:30-11 Weight Watchers United Way Mat Su Kid's Outer Wear Clothing Drive Begins	8-9:30 Weight Watchers  Club 50 open until 4pm
4 Closed	5	6	7	8	9	10
11:30 Christian Church Service 2:00 Valley Fellowship Service	<i>CONTINUING ALL WEEK:</i> United Way Mat Su Kid's Outer Wear Clothing Drive	9:30-11:30 Estate Planning with Connie 5:30-7 Weight Watchers 6:30 Lions Club	10-11 Bible Study 10:00 Trike Ride 12:30 Living Well with Vision Loss 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	12:30 Valley Transit to Fred Meyer 1:00 Chess Club	9:30-11 Weight Watchers 11:15 Birthday Celebration 1-2 Senior Food Box Distribution	8-9:30 Weight Watchers Club 50 open until 4pm
11 Closed	12	13	14	15	16	17
11:30 Christian Church Service 2:00 Valley Fellowship Service	<i>LAST DAY FOR THE</i> United Way Mat Su Kid's Outer Wear Clothing Drive	5:30-7 Weight Watchers	10-11 Bible Study 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	9:30 WASI Board of Directors 12:30 Valley Transit to Walmart 1:00 Chess Club	9:30-11 Weight Watchers 1-2 Senior Food Box Distribution	8-9:30 Weight Watchers Club 50 open until 4pm

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Closed	19	20	21	22	23	24
11:30 Christian Church Service 2:00 Valley Fellowship Service	<i>National Soft Serve Ice cream Day</i> 	1-2:30 Memory Café 2-4 Senior Ed: AARP Presentation - Fraud 5:30-7 Weight Watchers 6:30 Lions Club	10-11 Bible Study 10:00 Trike Ride BINGO! 1-3 Art Group 1-3 Art Group 6-7 Men's Bible Study	10-3 Quilts of Valor 12:30 Valley Transit Shoppers' Choice 1:00 Chess Club 1:00 Nordic Walking Club	 State Fair Aug 22 - Sep 2	8-9:30 Weight Watchers Club 50 open until 4pm
25 Closed	26	27	28	29	30	31
11:30 Christian Church Service 2:00 Valley Fellowship Service		 Day Six - Senior Day! Alaska State Fair is "Crazy Good!"	10-11 Bible Study 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	12:30 Valley Transit to Shoppers' Choice 1:00 Chess Club	9:30-11 Weight Watchers	8-9:30 Weight Watchers Club 50 open until 4pm



August Riddle:

What goes up but never goes down?



"CRAZY GOOD"
AUG. 22 - SEPT. 2, 2019

Answer: Your age!

Club 50 Fitness Center & Healthy Aging Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Mon-Sat 8 am to 4 pm Closed Sunday	8:30 Strong Seniors 10 am Strong Seniors 10 am Go4Life at Knik 11:15 NIA 52 Moves 1 pm Beginning Tai Chi for Health 2:30 Yoga * Gym and showers are closed during Yoga.	10 am Strong Seniors With Yuliya 12:30 Strong Seniors 1:30 Let's Walk DVD 5 pm NIA (\$10)	8:30 Strong Seniors 10 am Strong Seniors 10 am Go4Life at Knik Manor 11 am Let's Walk DVD 1:30 pm Beginning Tai Chi for Health	10 am Strong Seniors With Yuliya 12:30 Strong Seniors 1:30 First Timer's Tai Chi 5 pm NIA (\$10)	8:30 Strong Seniors 10 am Strong Seniors 10 am Go4Life at Knik Manor 11 am Let's Walk DVD	9:30 am Morning Stretch Club 50 is open 8 am to 4 pm on Saturdays