2019

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



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Closed	1	2	3	4 Closed	5	6
11:30 Christian		9:30 Chronic	10-11 Bible Study	Wasilla Parade!	9:30-11 Weight	8-9:30 Weight
Church Service		Disease Self	1-3 BINGO	11:00 am Start	Watchers	Watchers
		Management	1-3 Art Group			
2:00 Valley				1888 - 1885 - 18		
Fellowship Service		5:30 -7 Weight Watchers	C 7 . NA -			
	} \	6:30 Lions Club	6-7 Men's Bible Study			Club 50 open until 4pm
	< \(\frac{2}{5}\) \(\frac{2}{5}\)	0.50 Lions Club	Dible Study	OF JULY!		cias so open anai ipin
7 Closed	8	9	10	11	12	13
11:30 Christian			10-11 Bible Study	9:30-11:30 Estate	9:30-11 Weight	8-9:30 Weight
Church Service		9:30-12 Chronic	10:00 Trike Ride	Planning with Connie	Watchers	Watchers
		Disease Self	12:30 Living Well	12:30 Valley	11:15 Birthday	
2:00 Valley		Management	with Vision Loss	Transit to Fred Meyer	Celebration	
Fellowship Service			1-3 BINGO	1:00 Chess Club		
		5:30-7 Weight	1-3 Art Group	1:00 - 1:30 Nordic	1-2 Senior	
		Watchers	6-7 Men's	Walking Club	Food Box	Club 50 open until 4pm
			Bible Study	Training Video	Distribution	
	15	16	17	18	19	20
11:30 Christian		9:30-12 Chronic	10-11 Bible Study	9:30 WASI	9:30-11 Weight	8-9:30 Weight
Church Service		Disease Mangement		Board of Directors	Watchers	Watchers
	12:30 Mat -Su	12:30 Membership		12:30 Valley		
2:00 Valley	Health Foundation	Meeting	1-3 BINGO	Transit to Walmart	1-2 Senior	
Fellowship Service	Forum on Nutrition	1-2:30 Memory Café	1-3 Art Group	1:00 Chess	Food Box	
	(rsvp only)			Club	Distribution	
		5:30-7 Weight	6-7 Men's	1:00 Nordic		
		Watchers	Bible Study	Walking Club		Club 50 open until 4pm
		6:30 Lions Club				

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

Sund	day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 (Closed	22	23	24	25	26	27
11:30	Christian			10-11 Bible Study	10-3 Quilts of	9:30-11 Weight	8-9:30 Weight
Church S	Service		2-4 Senior Ed:	10:00 Trike Ride	Valor	Watchers	Watchers
			Group Travel	1-3 BINGO	12:30 Valley Transit		
2:00 \	Valley		presented by	1-3 Art Group	Shoppers' Choice		
Fellowship	p Service		ABC Travel		1:00 Chess		
			5:30-7 Weight	6-7 Men's	Club		
			Watchers	Bible Study	1:00 Nordic		Club 50 open until 4pm
					Walking Club		
28	Closed	29	30	31	1-Aug	2-Aug	3-Aug
11:30	Christian			10-11 Bible Study		9:30-11 Weight	8-9:30 Weight
Church S	Service	12:30 - 1:30		1-3 BINGO	12:30 Valley	Watchers	Watchers
		Alzheimer's & Fall's -		1-3 Art Group	Transit to Carrs		
2:00 \	Valley	Their relationship			1:00 Nordic		
Fellowship	p Service				Walking club		
			5:30-7 Weight	6-7 Men's	1:00 Chess		
			Watchers	Bible Study	Club		Club 50 open until 4pm



July Riddle:

I weigh nothing, but you can still see me.

If you put me in a bucket, I make the bucket lighter.

What am I?

Club 50 Fitness Center & Healthy Aging Classes

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

Answer: A Hole!

