




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



2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Closed 11:30 Christian Church Service 2:00 Valley Fellowship Service	1 	2 9:30 Chronic Disease Self Management 5:30 -7 Weight Watchers 6:30 Lions Club	3 10-11 Bible Study 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	4 Closed <i>Wasilla Parade!</i> 11:00 am Start 	5 9:30-11 Weight Watchers	6 8-9:30 Weight Watchers Club 50 open until 4pm
7 Closed 11:30 Christian Church Service 2:00 Valley Fellowship Service	8 	9 9:30-12 Chronic Disease Self Management 5:30-7 Weight Watchers	10 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	11 9:30-11:30 Estate Planning with Connie 12:30 Valley Transit to Fred Meyer 1:00 Chess Club 1:00 - 1:30 Nordic Walking Club Training Video	12 9:30-11 Weight Watchers 11:15 Birthday Celebration 1-2 Senior Food Box Distribution	13 8-9:30 Weight Watchers Club 50 open until 4pm
14 Closed 11:30 Christian Church Service 2:00 Valley Fellowship Service	15 12:30 Mat -Su Health Foundation Forum on Nutrition (rsvp only)	16 9:30-12 Chronic Disease Mangement 12:30 Membership Meeting 1-2:30 Memory Café 5:30-7 Weight Watchers 6:30 Lions Club	17 10-11 Bible Study 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	18 9:30 WASI Board of Directors 12:30 Valley Transit to Walmart 1:00 Chess Club 1:00 Nordic Walking Club	19 9:30-11 Weight Watchers 1-2 Senior Food Box Distribution	20 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
21 Closed 11:30 Christian Church Service 2:00 Valley Fellowship Service	22	23 2-4 Senior Ed: Group Travel <i>presented by ABC Travel</i> 5:30-7 Weight Watchers	24 10-11 Bible Study 10:00 Trike Ride BINGO! 1-3 Art Group 1-3 Art Group 6-7 Men's Bible Study	25 10-3 Quilts of Valor 12:30 Valley Transit Shoppers' Choice 1:00 Chess Club 1:00 Nordic Walking Club	26 9:30-11 Weight Watchers	27 8-9:30 Weight Watchers Club 50 open until 4pm
28 Closed 11:30 Christian Church Service 2:00 Valley Fellowship Service	29 12:30 - 1:30 Alzheimer's & Fall's - Their relationship	30 5:30-7 Weight Watchers	31 10-11 Bible Study 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	1-Aug 12:30 Valley Transit to Carrs 1:00 Nordic Walking club 1:00 Chess Club	2-Aug 9:30-11 Weight Watchers	3-Aug 8-9:30 Weight Watchers 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?



Answer: A Hole!

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 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	9:30 am Morning Stretch Club 50 is open 8 am to 4 pm on Saturdays