








Wasilla Area Seniors, Inc.  
1301 South Century Circle  
Wasilla, Alaska 99654

# DECEMBER



## 2019

OPEN  
Monday - Friday  
8 am - 4 pm  
Closed on Holidays  
(907) 376-3104

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Closed</b> 11:30 Christian Church Service 2:00 Valley Fellowship Service	<b>2</b> 9-11 Matter of Balance Workshop	<b>3</b> 2-4 Senior Ed: Author of the book series "Aunt Phil's Trunk" 5:30 - 7 WW 6:30 Lions Club	<b>4</b> 10-11 Bible Study 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	<b>5</b> 11:45 Mirical Ear Valley 12:30 Transit to Carrs	<b>6</b> 9:30-11 WW 12:15 Jazz Band 	<b>7</b> 8-9:30 WW  Club 50 open until 4pm
<b>8 Closed</b> 11:30 Christian Church Service 2:00 Valley Fellowship Service	<b>9</b> 9-11 Matter of Balance Workshop 12:00 Irish Dancers 	<b>10</b> 3-4 Senior Ed: Book Club  5:30 - 7 WW	<b>11</b> 10-11 Bible Study 12:30 Living Well With Memory Loss 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	<b>12</b> 12:30 Valley Transit to Fred Meyer  Frank Sinatra's Birthday	<b>13</b> 9:30-11 WW 11:15 Birthday Celebration 1-2 Senior Food Box Distribution	<b>14</b> 8-9:30 WW 11:00 AMAC Chapter Meeting  Club 50 open until 4pm
<b>15 Closed</b> 11:30 Christian Church Service 2:00 Valley Fellowship Service	<b>16</b> 9-11 Matter of Balance Workshop 11:30 Caroling Kindergarten Class 	<b>17</b> 12:15 Jazz Band  1-2:30 Memory Café 5:30-7 WW 6:30 Lions Club	<b>18</b> 10-11 Bible Study 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	<b>19</b> 9:30 WASI Board of Directors 12:30 Valley Transit to Walmart 1:00 Chess Club	<b>20</b> 9:30-11 WW  1-2 Senior Food Box Distribution	<b>21</b> 8-9:30 WW  Club 50 open until 4pm

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>22 Closed</b> 11:30 Christian Church Service  2:00 Valley Fellowship Service	<b>23</b> 9-11 Matter of Balance Workshop  5:30-7 <b>WW</b>	<b>24 Closed</b> 	<b>25 Closed</b> 	<b>26</b> 10-3 Quilts of Valor 12:30 Valley Transit Shoppers' Choice	<b>27</b> 9:30-11 <b>WW</b>	<b>28</b> 8-9:30 <b>WW</b>  Club 50 open until 4pm
<b>29 Closed</b> 11:30 Christian Church Service  2:00 Valley Fellowship Service	<b>30</b> 5:30-7 <b>WW</b>	<b>31</b> 	<b>1-Jan Closed</b> 	<b>2-Jan</b> 12:30 Vally Transit to Carrs	<b>2-Jan</b> 9:30-11 <b>WW</b>	<b>3-Jan</b> 8-9:30 <b>WW</b>  Club 50 open until 4pm

Who delivers Christmas presents to dogs & cats?



Santa Paws



## Club 50 Fitness Center & Healthy Aging Classes

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