

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



November

2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Graft Fair</p>	<p>Don't Miss the CRAFT FAIR</p> <p>Saturday, 10-5 & Sunday, 11-4 November 2 & 3</p> <p>Call 376-3104 for more information</p>	<p>30-Oct</p> <p>10-11 Bible Study 1-3 BINGO! 1-3 Art Group</p> <p>6-7 Men's Bible Study</p>	<p>31-Oct</p> <p>12:30 Valley Transit Bus to Shoppers' Choice</p> <p>HAPPY HALLOWEEN</p>	<p>1</p> <p>9:30-11 WW 10:30 Blood Pressure Screening</p> <p>12:30 - 4:00 Valley Fine Arts: Have Fun Painting</p>	<p>2</p> <p>8-9:30 WW</p> <p>CRAFT FAIR</p> <p>SET YOUR CLOCK BACK AN HOUR! Club 50 open until 4pm</p>	
		<p>3</p> <p>11 to 4 WASI CRAFT FAIR</p> <p>11:30 Christian Church Service <i>Did You Set Your Clocks Back an Hour?</i> 2:00 Valley Fellowship Service</p>	<p>4</p> <p>9-11 Matter of Balance Workshop</p>	<p>5</p> <p>9:30-11:30 Estate Planning with Connie</p> <p>Election Day Remember to Vote! 5:30 -7 WW 6:30 Lions Club</p>	<p>6</p> <p>10-11 Bible Study 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study</p>	<p>7</p> <p>12:30 Valley Transit to Carrs</p>
<p>10</p> <p>Closed</p> <p>11:30 Christian Church Service 2:00 Valley Fellowship Service</p>	<p>11</p> <p>9-11 Matter of Balance 11:00 Veterans Ceremony</p> <p>VETERANS DAY</p>	<p>12</p> <p>3-4 Senior Ed: Women in the Military</p> <p>5:30-7 WW</p>	<p>13</p> <p>9-11:30 Living Well Health Self Mgmt 10-11 Bible Study 12:30 Living Well With Vision Loss 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study</p>	<p>14</p> <p>9:30 WASI Board of Directors 10 - 3 Memory Screening by Alzheimer's Assoc 12:30 Valley Transit to Fred Meyer</p>	<p>15</p> <p>9:30-11 WW</p> <p>1-2 Senior Food Box Distribution</p>	<p>16</p> <p>8-9:30 WW</p> <p>Club 50 open until 4pm</p>

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 Closed	18	19	20	21	22	23
11:30 Christian Church Service 2:00 Valley Fellowship Service	9-11 Matter of Balance 11 - 3 Medicare Part D Presented by Mat Su ADRC	1-2:30 Memory Café 11-4 ADRC Medicare Questions & Answers 3-4 Book Club 5:30-7 WW 6:30 Lions Club	9-11:30 Living Well Health Self Mgmt 10-11 Bible Study 1-3 BINGO! 1-3 Art Group 6-7 Men's Bible Study	10-3 Quilts of Valor 10:00 Memory Screening 12:30 Valley Transit Shoppers' Choice	9:30-11 WW	8-9:30 WW Club 50 open until 4pm
24 Closed	25	26	27	28 Closed	29 Closed	30
11:30 Christian Church Service 2:00 Valley Fellowship Service	9-11 Matter of Balance	3-4 Senior Ed: Alaska Wildbird Rehab Center 5:30-7 WW	9-11:30 Living Well Health Self Mgmt 10-11 Bible Study 1-3 Art Group 6-7 Men's Bible Study	Thanksgiving Holiday 	Thanksgiving Holiday 	8-9:30 WW Club 50 open until 4pm



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 11:15 NIA 52 Moves 1 pm Tai Chi for Health 2:30 Yoga Gym and showers are closed during Yoga.	10 am Go4Life 11 am I Let's Walk DVD 12:30 Strong Seniors 1:30 Let's Walk DVD 5 pm NIA (\$10)	8:30 Strong Seniors 10 am Strong Seniors 11 am Let's Walk DVD 1:30 pm Tai Chi for Health	10 am Go4Life 11 am I Let's Walk DVD 12:30 Strong Seniors 1:30 pm Tai Chi for Health 5 pm NIA (\$10)	8:30 Strong Seniors 10 am Strong Seniors 11 am I Let's Walk DVD	9:30 am Morning Stretch Club 50 is open 8 am to 4 pm on Saturdays