



Fitness happens every day at SSC
HEALTH & FITNESS JUNE 2017
Fitness donation requests: Drop-ins, \$2.00; 10 visit punch cards, \$20



MONDAY
*For Beginners**
TAI CHI*
 for
**BALANCE/
 ARTHRITIS**
8-form
**Volunteer-Led*
9:30am

**WEIGHT &
 STRENGTH
 TRAINING**
1:30pm
 with
 Rachel Dow

*Advance signup
 Required.*

LAST MONTH!

TUESDAY


**WEIGHT &
 STRENGTH
 TRAINING**
 with
 Rachel Dow

**9:30am
 and
 10:30am**
 Sign up for the next
 6 week session in
 the SSC office.

LINE DANCING
11:30am

WEDNESDAY

TAI CHI*
 for
**BALANCE/
 ARTHRITIS**
 with Angela Brown
9:30am

**CHAIR
 VOLLEYBALL**
 **10:30am**
 Instructor
 Jennifer Dougherty

**WEIGHT &
 STRENGTH
 TRAINING**
1:30pm
 with Rachel Dow

THURSDAY

**WEIGHT &
 STRENGTH
 TRAINING**
 with
 Rachel Dow

**9:30am
 and
 10:30am**

*Advance
 Signup*

FRIDAY

TAI CHI*
 for
**BALANCE/
 ARTHRITIS**
**Volunteer-Led*
9:30am

**CORE
 BALANCE**
10:30am
 Instructor
 Jennifer Dougherty

**WEIGHT &
 STRENGTH
 TRAINING**
1:30pm
 with Rachel Dow

LAST MONTH!

SEWARD AREA HOSPICE
 909 3rd Avenue, Suite C
 (Phoenix Building across from Wells Fargo)
Tuesday through Friday
 10:00am to 2:00pm
 Email: info@sewardareahospice.org
 Web: <http://sewardareahospice.org>




FOOT CARE
Friday, June 30th
 9:00am-11:00am
Must arrive by 10:00am to insure service.

New summer fitness program!
**BEACH BALL
 CHAIR VOLLEYBALL**




Every Wednesday
 10:30am – 11:30am


Have fun playing volleyball in a chair with a beach ball. "Bump. Set. Spike. That's what we like!"

 **ALASKA HEARING AID**
 At the center: Wed., June 21st
 10:00am—2:00pm
 Call for appointment: 1-888-554-4242

1ST FRIDAY ART WALK
at the Center

*Meet the
 artists and
 watch them
 work!*

Friday, June 2nd
 6:00pm to 8:00pm
Light refreshments will be served.



*End of the Bowling
 Year Blow Out!*
Wii BOWL-OFF
Tuesday, June 6th
 12:45pm



**Leave No
 Pin Behind**

NO WRITING GROUP until Fall

Star of the North Concert Band
 (location TBA)
Friday, June 30th
 7:00pm
 Traveling to Seward
 from Minnesota

