


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

One day or  
 day one.  
 You decide.

**MONDAY**

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



**TUESDAY**


**WEIGHT &  
 STRENGTH  
 TRAINING**  
 with  
 Rachel Dow  
**9:30am  
 and  
 10:30am**

**WEDNESDAY**

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

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**\*CHAIR  
 VOLLEYBALL**  
**10:30am**  
 Instructor  
 Jennifer Dougherty  
**\*No Class Aug. 9**



**THURSDAY**


**WEIGHT &  
 STRENGTH  
 TRAINING**  
 with  
 Rachel Dow  
**9:30am  
 and  
 10:30am**  
 6-week session  
*Advance  
 Signup*

**FRIDAY**

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

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

 **\*No class  
 Aug. 4, 11**

**TAI CHI** requires little intensity of movement, creating more fluid contractions in the muscles and making it optimal for individuals of mature age. The flowing motion techniques used in Tai Chi make it easier for seniors to maintain balanced health.


 **FOOT CARE**  
**Thursday, August 3rd**  
**9:00am-11:00am**  
*Must arrive by 10:00am for service*

 **BEACH BALL CHAIR VOLLEYBALL**  
 Every Wednesday  
 10:30am – 11:30am

**SUMMER SUPPORT GROUP**  
 Explore alternative pain treatments through humor, spirituality, mutual support and encouragement, and more.  
**Thursdays 12:30-2:00pm**  
 Facilitated by Mona Casselman, Ph. 907-422-7502

 **AGING MASTERY® PROGRAM\***  
 Open to all aged 50 yrs.+  
**Next Class Begins:**  
**Thursday, Sept. 21st, 12:30pm**  
*Sign up now for this class!*  
 Classes meet Thursdays, 12:30pm-2:00pm.

**AGING MASTERY® is a Providence sponsored free course** designed to bring you together with knowledgeable and trained instructors who will guide you through a **10-week program** offering current information on a series of important aging topics, helping you to turn learning into action. Topics such as financial fitness, sleep, healthy relationships, nutrition, and more will be addressed. **Incentives and participant rewards** are part of the curriculum to get you on track and include **grocery gift cards, gym memberships, a complimentary hot lunch, and more.**

  
 Sponsored by Providence Seward Foundation

*Inquiring minds want to know....*

**TABLET-MENTOR PROGRAM** The Tablet-Mentor classes sponsored by *Seward Community Foundation* are expected to continue for the fall semester. Should SSC continue offering opportunities through the spring semester of 2018 or longer? Did you miss the class? Are you here in the winter? *Let us know your thoughts and show your interest by getting on our class wait list.*