

SENIOR FITNESS

S.A.I.L FITNESS

This class will focus on building strength and balance. Strength exercises using wrist and ankle weights, balance exercises and moderate aerobics will be used to help each participant increase their strength and decrease falls or other injuries. This program works. You will be stronger, have better balance, and feel better. All of these qualities will help to increase your independence and keep you active and healthy. Class held in the Windmill Village Complex, A-3.



OFFERED ALL YEAR

ZUMBA GOLD

This Zumba Gold program is designed for any participant, the active adult population, or the true beginner. Zumba Gold addresses the anatomical, physiological and psychological needs specific to these populations. It also includes a Zumba Chair workout. Created to emphasize the basics, this explosive program is so easy to follow that anyone at any age can do it! The program is designed to provide a safe and effective total body workout. Zumba Gold is great for the mind and body. Sign up and find out what the craze is all about!

Classes held in the Windmill Village Complex A-3.

OFFERED ALL YEAR

SENIOR CLASSES

AARP Driver Safety Program

Develop safe defensive driving techniques. Certification of completion applies toward a discount on your car insurance. AARP members (with proof) pay \$12.00; non-members pay \$14.00. Payment MUST be in check and payable to instructor at time of class. *If you do not have proof of membership please call 1-888-687-2277 and ask for a new card.

Pre-registration required please call (253) 564-1992. Must attend both days to receive certificate. UP Sr./Community Center 2534 Grandview Dr. W.

SENIOR SCHOLARSHIP FUND

Our Senior Scholarship Fund is designed to be easy to apply for, confidential and stress free. This program aims to increase every senior's ability to participate in our programs. Scholarship requests can be made for day trips, overnight trips, fitness programs, computer classes, dance classes, and other programs offered through the University Place Senior Center. Enjoying the company of others while participating in active, healthy programs is important for everyone. We want all seniors to have this opportunity! Please contact Jennifer Robinson for an application or further details, (253) 564-1992.

SENIOR COMMUNITY CENTER

SENIOR WEEKLY DROP-IN SCHEDULE

2534 Grandview Drive W., UP

HOURS: Monday - Friday / 8:00am - 2:30pm

Monday

• BRIDGE 9:00AM - 1:00PM

Groups of four are formed and everyone is guaranteed to play!

• PINOCHLE 9:30AM - 2:30PM

Have a great time playing pinochle with new friends! Don't know how to play? They'll teach you! Bring a sack lunch to enjoy.

Tuesday

• BRIDGE 8:30AM - 11:00AM

Groups of four are formed and everyone is guaranteed to play!

• COMPUTER CLASSES (as Scheduled)

Wednesday

• Senior FootCare 9:00AM - 2:00PM

\$27 Fee - 1st Wednesday of each month; for appointment call 253 564-1992

• Coffee with Council 9:00AM - 10:00AM

Last Wednesday Of Each Month

• BUNCO 11:30AM - 2:30PM

The second Wednesday of the month

Thursday

• Arts, Crafts & Hobbies 10:00AM - 2:30PM

Bring your own art, craft or hobby projects to work on with others who have similar talents and interest. Bring a lunch to enjoy while you create your own masterpiece!

Friday

• BINGO 10:30AM - 11:30AM

Arrive early, play Bingo before lunch! Prizes provided, occasional white elephant bingo.

• Senior Lunch 11:45AM - 2:15PM

Catholic Community Services serves lunch at 12 Noon SHARP!

Reservations required 2 wks in advance; \$2.50 donation appreciated Call (253) 474-1200 or (253) 564-1992 for a reservation.

• PINOCHLE & DOMINOS 12:45 - 2:15PM

Monday - Friday

• Mens Coffee Crew 9:00AM - 10:00AM

If you love to talk and tell great stories, this is the group for you!