

What's Up?

- **CAREGIVER EDUCATION SERIES.** Every month a new topic will be discussed. Check calendar for specific day/dates.
July Topic: Finances, How to Help
August Topic: Manage Chronic Pain
- **BOOK EXCHANGE...** Every 4th Tuesday at 1:00 pm bring your favorite read and enjoy a cup of coffee while discussing your book. You may then choose to pass it along to another avid reader. Check calendar for specific date.
- **MONTHLY BIRTHDAY PARTY!** On the second Wednesday of each month we will be celebrating those of you who have a birthday that month at 12:00 noon. There will be dessert, refreshment and music by the ever entertaining and charming Bill Welty.
- **TOAST & COFFEE** on Thursday morning at 10:00am. Join the group for a steaming cup of coffee, toast and conversation.

POTLUCK

Bring a favorite dish, a new friend
Eat, Drink & Mingle!

Thursday @ 11:30 am
August 24th

Active Retirement & Senior Club of Gig Harbor July & August 2017 Senior Club Calendar & Newsletter

Jim & Carolyn Milgard Family HOPE Center
Cheney Family Boys & Girls Club
8502 Skansie Avenue
Gig Harbor, WA 98332
253.502.4670

Website: cheney.bgcsp.org-senior-club
"Like" us on Facebook:
Active Retirement & Senior Club

Senior Club Hours

Monday through Thursday
9:00am – 3:00pm

Friday 9:00am—12:00pm

Get Moving Be Healthy!

Tai Chi for Seniors is safe and enjoyable. With Royann Gurley's clear instruction, the forms are easy to learn! Gain relief from stiffness, increase flexibility and balance, improve breathing and reduce stress. Classes offered are:

~**Tai Chi Introduction** meets Monday at 12:30 pm. For the beginner who has little or no knowledge of Tai Chi, or limited mobility. Member/Non-Member fee.

Tai Chi –In Depth meets 2x/week Mon & Wed @ 10:00am. Gain better control of glucose levels and improve heart/lung function, muscular strength, flexibility and balance. Member/Non-Member fee.

~**Tai Chi—Advanced** meets at 11:00am on Mon/Wed. Experience recommended. Taught by Royann Gurley. Class is ongoing and requires instructor permission to join. Member/Non-Member fee .

~**Fitness 4U.** Tuesday & Friday at 10:00am. Warm-ups, stretching, low impact aerobic movements appropriate for seniors. Facilitated by exercise DVD. Non-member fee \$3/week.

~**SAIL (Stay Active & Independent for Life).** Monday & Thursday from 8:30-9:30 am. Low impact exercises to rebuild strength, improve balance and get you moving in a fun way using hand and ankle weights. Bring your own weights. \$3/session donation asked.

Fun Stuff!

SENIOR LUNCH! Lunch is served on Monday and Wednesday promptly at 12:00 noon, so come early and get your seat. \$3 donation asked. Lunch is upstairs in Room 230.

FOOT CARE CLINIC is the third Friday of each month with a R.N. Check calendar for specific dates. Call Joyce @ 502-4670, as appointments are required.

THE RASCALS! Come and join! Senior Club's Bean Bag Baseball Team is practicing and competing. Practice is every Wednesday at 12:30 pm in the Senior Club; games 11:00 am at Peninsula Retirement first Tuesday of every month.

SATURDAY BREAKFAST BUNCH. Group meets 10:00 am on Saturday at designated restaurant. Call Blossom Puckett to get on weekly reminder list at 253-514-8346.

BRAIN GAMES. Enjoy a cup of coffee while exercising your brain with a fun combination of brain games and trivia. Different every week. Thursday's at 11:00am.

Welcome! New Members

Kay Mullen
Susan Sherman
Stan Weston