

August 2019 Activities

Lunch Reservations: 928-774-2606

@ Joe Montoya Community & Senior Ctr.

COCONINO COUNTY COMMUNITY SERVICES
SENIOR NUTRITION PROGRAM

245 N. Thorpe Road, Flagstaff

MON	TUE	WED	THU	FRI
			10:45 Chair Yoga 10:30 Beginning Spanish 12 Lunch 1 Party Bridge 3 Guitar Lessons	8:30 Senior Stretch 10 Tai Chi 12 Lunch
8:30 Senior Stretch 10 Open Studio 12 Lunch 1 Party Bridge 1 Sewing Club 6:30 Folk Dance	9:30 Lil Music Makers 10 Bridge Lessons 12 Lunch 12:30 Cribbage 1:15 Duplicate Bridge 1:30 Wisdom Seekers 5 Table Tennis Club 5:30 Mixed Level Yoga	8:30 Senior Stretch 9 Therapeutic Yoga 10:45 Chair Yoga 11:15 Social Bingo 12 Lunch 1 Dominos/Scrabble 1:30 Writing Group 2 Stand Tall, Don't Fall 5 Table Tennis Club	10:45 Chair Yoga 10:30 Beginning Spanish 12 Lunch 1 Party Bridge 3 Guitar Lessons	8:30 Senior Stretch 10 Tai Chi 12 Lunch
8:30 Senior Stretch 10 Open Studio 12 Lunch 1 Party Bridge 6:30 Folk Dance	9:30 Lil Music Makers 10 Bridge Lessons 12 Lunch 12:30 Cribbage 1:15 Duplicate Bridge 5 Table Tennis Club 5:30 Mixed Level Yoga	8:30 Senior Stretch 9 Therapeutic Yoga 10:45 Chair Yoga 11:15 Social Bingo 12 Lunch 1 Dominos/Scrabble 1:30 Writing Group 2 Stand Tall, Don't Fall 5 Table Tennis Club	10:45 Chair Yoga 10:30 Beginning Spanish 11 Cooking Class 12 Lunch 1 Party Bridge 3 Guitar Lessons 5:30 Photography Club	8:30 Senior Stretch 10 Tai Chi 12 Lunch
8:30 Senior Stretch 10 Open Studio 12 Lunch 1 Party Bridge 6:30 Folk Dance	SENIOR TRIP		10:45 Chair Yoga 10:30 Beginning Spanish 12 Lunch 1 Party Bridge 3 Guitar Lessons	8:30 Senior Stretch 10 Tai Chi 12 Lunch
8:30 Senior Stretch 10 Open Studio 12 Lunch 1 Party Bridge 6:30 Folk Dance	9:30 Lil Music Makers 10 Bridge Lessons 12 Lunch 12:30 Cribbage 1:15 Duplicate Bridge 1:30 Bunco 5:30 Mixed Level Yoga	8:30 Senior Stretch 9 Therapeutic Yoga 10:45 Chair Yoga 11:15 Social Bingo 12 Lunch 1 Dominos/Scrabble 1:30 Writing Group 2 Stand Tall, Don't Fall 5 Table Tennis Club	10:45 Chair Yoga 10:30 Beginning Spanish 12 Lunch 1 Party Bridge 3 Guitar Lessons	8:30 Senior Stretch 10 Tai Chi 12 Lunch
8:30 Senior Stretch 10 Open Studio 12 Lunch 1 Party Bridge 6:30 Folk Dance	9:30 Lil Music Makers 10 Bridge Lesson: 12 Lunch 12:30 Cribbage 1:15 Duplicate Bridge 1:30 Bunco 5:30 Mixed Level Yoga	8:30 Senior Stretch 9 Therapeutic Yoga 10:45 Chair Yoga 11:15 Social Bingo 12 Lunch 1 Dominos/Scrabble 1:30 Writing Group 2 Stand Tall, Don't Fall 5 Table Tennis Club	10:45 Chair Yoga 10:30 Beginning Spanish 12 Lunch 1 Party Bridge 3 Guitar Lessons 5:30 Photographv Club	8:30 Senior Stretch 10 Tai Chi 12 Lunch

"Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request. Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities."