

August Activities

Joe C. Montoya Community and Senior Center

Mondays
 Senior Stretch
 8:30-9:00 a.m.
 Open Studio
 10:00am-12:00pm
 Folk Dance
 6:30-8:00 p.m.

Tuesdays
 Tai Chi
 9:00am-10:00am
 Qi Gong
 10:00am-11:00am
 Wisdom Seekers
 (1st & 3rd each month)
 1:30-3:00 p.m.
 Chair Yoga
 10:45—11:45
 Duplicate Bridge
 1:00—4:00
 Stand Tall Don't Fall
 2:30—4:00
 Mixed level Yoga
 5:30—6:30
 Table Tennis Club
 (1st, 2nd, 3rd & 5th week)
 5:00-8:00 p.m.
 Senior Game Night
 5:00pm-7:00pm

Wednesdays
 Senior Stretch
 8:30-9:00 a.m.
 Personal & Exploratory
 Writing Group
 1:30—3:00
 Bingo Every Wednesday
 before lunch .
 11:00am—12:00pm
 Keeping You In Stitches
 1:00pm-3:00pm

Thursdays
 Tai Chi
 9:00am-10:00am
 Chair Yoga
 10:45-11:45am
 Story Cards
 1:00—3:00
 Guitar
 4:00—5:15
 Table Tennis Club
 (1st, 2nd, 3rd & 5th week)
 5:00-8:00 p.m.
 Senior Game Night
 5:00pm-7:00pm
 August 11th
 Arcosanti Field Trip

Fridays
 Senior Stretch
 8:30-9:00 a.m.
 Spanish
 10:30am-12:00pm

Weight Room Hours
 Monday thru Thursday
 7:00 a.m. to 8:00 p.m.
 Friday
 7:00 a.m. to 2:00 p.m.



Center Information
Hours:
 Monday—Thursday
 7:00a-8:00p
 Friday
 7:00a-2:00p

Phone
 213-2765
Website
<http://www.flagstaff.az.gov/recreation>

Matt Faull
 Recreation Supervisor
 E-mail mfaull@flagstaffaz.gov
 Louis Lucero
 Recreation Programmer
 E-mail llucero@flagstaffaz.gov

