

July Activities

Joe C. Montoya Community and Senior Center

Mondays

Senior Stretch
8:30-9:00 a.m.
Open Studio
10:00am-12:00pm
Party Bridge
1:00—4:00 pm
Folk Dance
6:30-8:00 p.m.

July 18th

National Ice Cream

Day after lunch

Tuesdays

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

July 12th

Fratelli Pizza and an evening performance

Wednesdays

Senior Stretch
8:30-9:00 a.m.
Senior Corps
1:00-3:00
Angel's Care Blood Pressure Clinic
10:00-1:00

Bingo Every Wednesday before lunch .

11:00am— 12:00pm

July 27th

Summer BBQ at

Thorpe Park Ramada

11am-1pm

Thursdays

Chair Yoga
10:45-11:45am
Party Bridge
1:00—4:00 pm
Guitar
4:00—5:15
Table Tennis Club
(1st, 2nd, 3rd & 5th week)
5:00-8:00 p.m.
Just Desserts Music Practice
5:15—8:00
Photography Club
3rd Thursday
6:00 - 8:00 pm
Senior Game Night
5:00—7:00 pm

Fridays

Senior Stretch
8:30-9:00 a.m.
Spanish
10:00—11:30

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>

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More information on 1005590

