

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.
Ukulele Beginner
6:00—7:00 pm

Tuesdays

Tai Chi I
9:00-10:00
Wisdom Seekers
(1st & 3rd each month)
1:30-3:00 p.m.
Chair Yoga
10:45—11:45
Qi Gong
10:00—11:00
Duplicate Bridge
1:00—4:00
(1st & 3rd 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.

Wednesdays

Senior Stretch
8:30-9:00 a.m.
Bingo
11:10—11:50
Writing Group
11:00—12:00
Senior Corps
1:00-3:00
Angel's Care Blood Pres-
sure Clinic
10:00-1:00
Circle Singing
(1st & 3rd)
1:30—3:30

Thursdays

Tai Chi II
9:00-10:00
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
Artist's Gallery
3rd Thursday
6:00 - 8:00 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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