

## TABLE GAMES - SCRABBLE, CRIBBAGE & CHECKERS

Tuesdays & Thursdays 12:00 – 2:00 PM

Visit our beautiful lounge, have a cup of coffee and join your friends in some friendly table games. It's all just for fun, and a great way to spend your afternoon.

## TEXAS HOLD 'EM

Tuesdays 11:00 AM – 3:30 PM

Come and learn the Texas Hold 'Em card game which is the fastest growing spectator sport on television! No experience necessary. All games played will be for points, not money!

## WOODCARVING

Thursdays 9:00 AM – 12:00 PM

No Fee  
If you like to carve or have always wanted to learn how to carve, then this class is for you. Bring your tools.



## BEGINNING STRETCHING AND STRENGTH TRAINING

Mondays & Fridays 11:00 – 11:50 AM

Fee: Free

This program is designed to aid you in performing everyday activities like climbing stairs, lifting objects, getting in and out of a chair with greater ease and with less risk of falling. Resistance training will help strengthen your muscles and decrease the rate of bone density loss due to aging, flexibility training will assist you in maintaining your Range of Motion (ROM). The health-related benefits from this program will have a considerable impact on your quality of life and in helping you stay independent. You will have fun, meet new people and push your body like never before. You will see a significant increase in your muscular strength, cardio respiratory endurance and overall increase in your quality of life

# HEALTH & WELLNESS



## BLOOD PRESSURE

1st & 3rd Friday:	11:30 AM – 12:30 PM
2nd Tuesday:	9:30 - 11:30 AM
3rd Wednesday:	10:30 – 11:45 AM
4th Tuesday:	10:00 – 11:15 AM
1st, 3rd & 5th (when applicable) Fridays:	12:00 – 12:30 PM

Provider: Good Samaritan

It's important to have your blood pressure checked on a regular basis. Please use this "free" service to assist you in making sure you are in good health.

## CHAIR YOGA FOR SENIORS

Wednesdays 11:00 AM – 12:00 PM

Fee: \$5.00 per class payable to instructor  
Instructor: Barbara Ogolsky, RYT

Barbara is a Physical Therapist Assistant. Her class combines basic yoga postures, gentle stretching, breathing exercises and meditation. Please bring your own mat and remember to bring your bottle of water. Drop-in's always welcome.

## BELLY DANCE CLASS

Wednesdays 9:30 – 11:00 AM

Featuring the Sa'Diyah Dancers  
Instructor: Shelby Lohr  
Cost: Free

The Activity Center's very own "vintage" belly dancers! Belly Dance offers something for everyone! This low impact exercise offers body awareness, movement, and rhythm and is fun and friendly to all ages and body types. Drop-ins are always welcome!

## FOOT CARE

Monday, January 6	9:00 AM – 3:00 PM
Monday, February 3	9:00 AM – 3:00 PM
Monday, March 2	9:00 AM – 3:00 PM

Call 253-579-6000 for an appointment. Cost for this service is based on a sliding fee scale and is determined by and paid to the foot care specialists.

## THE "HAPPY" EXERCISERS ALWAYS EXERCISE WITH A "SMILE!"

Monday, Wednesday, and Friday 7:30 – 8:30 AM

Cost: Free

Creating new friendships is what this class is all about! Come and join the fun!

## S.A.I.L. PROGRAM

FUN WITH FITNESS

Tuesday and Thursday 8:00 – 9:00 AM

Cost: \$3.00 Payable to Instructor

Instructor: Sandy Gatlin

Stay Active and Independent for Life (S.A.I.L.) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the S.A.I.L. Program can help improve strength and balance, if done regularly. S.A.I.L. exercise can be done **standing** or **sitting** down. Each class meets for one hour.

**It works...**Increase your energy, be stronger, feel more confident, improve your walking, improve flexibility, improve your strength, decrease your risk of falling, maintain a healthy weight, sleep better and improve your self-image.

**It's safe...**Classes are conducted by fitness, exercise and healthcare professionals who have completed S.A.I.L. Program Leader training. Leaders work with participants to help achieve the best results from the fitness class.

**It's fun...**Exercises are done to music and you will enjoy new friendships with the other people you meet!

## PING PONG/TABLE TENNIS

Tuesdays and Thursdays 10:45 AM – 2:00 PM

(EXCEPT the last Tuesday of every month Ping Pong will start at 11:15 a.m. due to the Scramble Bar event)

Build new memories at the Puyallup Activity Center with new friends, men and women. This great, low-impact exercise offers new equipment, lots of room for all who want to join, fun times, and lots of laughter. Drop in when you can; all beginners and all levels welcome. No fee; paddles and balls are furnished by the Center.

## VIDEO EXERCISE CLASS

Monday, Wednesday, and Friday 9:00 – 10:00 AM

Has your "get up and go," "got up and went?" Get moving and keep moving with a new video-led exercise class for seniors.

## WEIGHT ROOM FACILITY

Monday – Friday 7:00 AM – 4:30 PM

Our weight room features 2 StarTrac treadmills, 2 Precor Recumbent Bikes, 2 Elliptical Machines, 2 Flat Benches, and light hand weights. Drop in anytime; no fees apply.

## WEIGHT ROOM ORIENTATION

By Appointment Only

Designed for weight room beginners, this 30-minute orientation includes an overview of the cardiovascular and strength training equipment available in our weight room. Weight instruction is not included. Check in at the front desk before your scheduled time. Call the front desk at 253-841-5555 for an appointment.

## WII BOWLING

Fridays 10:30 AM – 12:00 PM

Wii Bowling strikes it big with seniors! Be adventurous and join the fun. We will learn together; no experience necessary.

# COMPUTER CLASSES



## OPEN COMPUTER LAB

Monday – Friday 7:00 AM – 4:30 PM

Open to all seniors. Check in at front desk for computer availability and password. If others are waiting, computer use is limited to 30 minutes. **The Lab will be closed during all computer classes.** The Puyallup Activity Center's computers are closely monitored and not available for inappropriate use. **Computer Lab will be closed daily at 4:30 PM.**

## PUYALLUP COMPUTER USERS' GROUP (PCUG)

First Friday, January 3, February 7 & March 6 10:00 AM – 12:00 PM

No Fee

Session for questions and answers; all levels welcome. Each month, group discussion with other computer users will provide you with educational and helpful information.

## COMPUTER BASICS & BEYOND

Mondays, January 6, 13, 20 & 27 12:00 – 1:30 PM

Mondays, February 3, 10, & 24 (No class on February 17) 12:00 – 1:30 PM

Mondays, March 2, 9, 16, 23 & 30 12:00 – 1:30 PM

Fee: \$10.00 (No refunds)

Minimum: 1 participant

Maximum: 5 participants

Instructor: Linda Phillips

**NEW TIME**

This hands-on class is for "newbies" and slightly above. Learn about using a computer, files and folders, email, putting pictures on the computer, and more! Bring your questions and ideas about exactly what you would like to learn! Class discussion is dependent on what the students need to learn.