ONE-ON-ONE CONSULTATIONS

Family Hospice Care

Adult Bereavement Support Group

Fridays, August 2-30 at 9 a.m.
First time attendees please call to register with Bereavement Services at 760.674.3344

Cal Fresh Enrollment
Friday, August 16 & 30 at 9-11:00 a.m.
By appointment only. Please call 760.564-0096 for more information; identification is needed.

LOOK WHO’S IN THE LOBBY

Senior Planning Council of the Desert
Tue., August 13; 10:00 a.m.-12:00 p.m.
Senior help with resources that provide clear solutions to difficult problems

Medicare & Medicare Health
Wed., August 14; 9:00-10:30 a.m.
Medical health insurance information provided by Bilhartz Desert Insurance Agency
QUILTING FOR GOOD TIMES

Do you enjoy quilting? Join our quilters group in exploring modern and contemporary quilt styles and techniques.
Thur.; 1:00-2:00pm

SCULPT, FIT AND CORE WITH KAZ JOHNSON

Kaz Johnson’s Sculpt, Fit and Core class will help you build strength, stability and mobility using your body weight and core. Focus on your core and build endurance for the results you desire. All fitness levels are welcome, please see staff for more details.
FREE to all fitness members!!!
Tue/Thur; Year Round; 5:30-6:30pm

DESSERT OASIS UKULELE STRUMMERS CONCERT

Grab your family and friends to experience local musicians playing selections from the Great American Songbook of George Gershwin and Johnny Mercer, Country and Western classics from Hank Williams and Willie Nelson, Hawaiian standards from the Islands, and the popular favorites of today!
Fri., August 30; 2:00-4:00pm

Weekly Activities

The Wellness Center provides these opportunities as a service and does not endorse or recommend any service or business. Services rendered are the responsibility of the provider and the recipient.

**Mondays**

- 12:30pm Social Bridge by Reservation
  Fee: $4.00
- 1pm FREE Movie Time (Seating Limited)

**Tuesdays**

- 1pm Mah Jongg; Fee: $2.00

**Thursdays**

- 1pm Wii Bowling
- 1pm Quilting for Good Times (FREE)

**Fridays**

- 9am Family Hospice Bereavement Group
- 10:30am FREE Bread Program
- 2pm Advanced Ukulele Strummers
- 2pm Ukulele Strummers Concert (8/30)
- 5-8pm Woodcarvers (Beginner Kits $13)
MOVIE MONDAYS

All movie Mondays begin at 1pm. Movies are FREE and seating is available on a first come, first serve basis. Movies are subject to change without notice. Please call the Wellness Center at: (760) 564-0096 for movie showings.
Wellness Center

Register for classes online: www.la-quintaca.gov/register
Pre-registration is preferred - Classes must meet minimum student registration requirements

Physical Wellness

Cardio and Strength—Ann Marie Cohen
Mon/Wed/Fri; August 2-30; 9:45-10:30am
Fee: $39.00/$5 drop-in

*This is a SilverSneakers class and SilverSneaker Members can attend for FREE.

Evening Yoga—Alba Wilson
Mon; August 1-29; 6:00-7:00pm
Fee: $50.00/$12 drop-in

Gentle Yoga—Alba Wilson
Mon; August 5-26; 9:15-10:15am
Fee: $40.00/$12 drop-in

Sun Style Tai Chi—Ann Marie Cohen
Mon/Wed/Fri; August 2-30; 10:45-11:30am
Fee: $39.00/$5 drop-in

*This is a SilverSneakers class and SilverSneaker Members can attend for FREE.

Sunset Yoga—Art True
Mon/Wed; August 5-28; 6:00-7:00pm
Fee: $56.00 / $10 drop-in

Taekwondo—Angel Rojas
Mon/Wed; August 5-28; 5:00-8:00pm
Fee: $50.00

Tai Chi Chuan Beginning—Joy Medeiros
Tue/Thurs; August 1-29; 9:15-10:00am
Fee: $40.00/$8 drop-in

Tai Chi Chuan Intermediate—Joy Medeiros
Tue/Thurs; August 1-29; 10:15-11:00am
Fee: $40.00 /$8 drop-in

Zumba Morning—Stacy Missell
Tue; August 6-27; 8:30-9:30am
Fee: $20.00 /$6 drop-in

Zumba Morning—Stacy Missell
Thur; August 8-29; 8:30-9:30am
Fee: $25.00 /$6 drop-in

Stretch and Restore—Kaz Johnson
Mon/Wed; August 5-28; 7:30-8:00am
Fee: FREE to fitness members ONLY!

*This class is not available to non-fitness members
Creative Wellness

**Ballroom Dance Beginning—Teresa Shiry**
Tues; August 6-27; 7:00-8:00pm
Fee: $36.00 /$12 drop-in

**Ballroom Dance Intermediate—Teresa Shiry**
Tues; August 6-27; 6:00-7:00pm
Fee: $36.00 /$12 drop-in

**Desert Oasis Strummers—Chuck Sullivan**
Fri; January-August 2019; 2:00-3:30pm
Fee: $ 45.00 one time fee/$35 annual fee

**Friday Night Social Dance—Teresa Shiry**
Fri; August 16; 6:00-7:30pm
Fee: $10.00

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GET FIT NOW

With a variety of health and wellness options, you can start (or continue) your wellness journey with physical, intellectual, nutritional, creative and social wellness! Go at your own pace or register for classes today! Stop by today and sign up for the fitness center ($75 for La Quinta residents/$125 for non-residents).
EXPERIENCE LIFE IN BALANCE.

It's all here. Leading edge fitness, classes and community. From yoga, pilates and dance to cooking demos, gardening, art and more, experience the La Quinta Wellness Center. And the promise of life in balance.

Wellness Center
78-450 Avenida La Fonda | 760.564.0096
Monday - Friday 5:30 AM - 8 PM | Saturday & Sunday 6:30 AM - 1 PM
$75/Year for Residents | $125/Year for Non-Residents
PlayInLaQuinta.com