MARCH 2020

FRIENDLY CALLER PROGRAM
The La Quinta Wellness Center will be offering “Friendly Callers,” a new program providing peace of mind to isolated seniors and their families with personal telephone calls from our friendly volunteers. How do you sign up? Please call 760.564.0096. A volunteer at the center will contact you to complete the enrollment and determine if the program would suit your needs.

AARP & COACHELLA VALLEY TAX SERVICES; FREE TAX ASSISTANCE
Volunteers will be offering free tax preparing services for simple tax forms. All necessary documents are required at the time of registering for your appointment. The Wellness Center will be taking appointments on a weekly basis ONLY; First call, first serve. Tax appointments will be on Tuesdays and Fridays.

SPECIAL EVENTS
March Luncheon—Thurs., March 19; 11:15 a.m. (Registrations open Feb. 20 for March luncheon)
Pre-registration fee: $4

WELLNESS CENTER CLOSURE FOR THE LA QUINTA ART CELEBRATION
The La Quinta Art Celebration will be using the Wellness Center beginning Monday, March 2 through Monday, March 9. The facility will be closed to the public during this time and will re-open on Tuesday, March 10 at 5:30 a.m.

UPCOMING LUNCHEONS
May Luncheon—Thurs., May 21; 11:15 a.m. (Registrations open March 19 for May luncheon)
Pre-registration fee: $4

LA QUINTA’S GOT TALENT “SHOWCASE”
If you can act, sing and dance, you’re invited to audition. Auditions will take place on March 20 from 4-5pm. The event will be held on Friday, April 17. Please call 760.564.0096 for an appointment and for more details.
CHUCK JONES CENTER FOR CREATIVITY PRESENTATION

A food for thought program to encourage a healthy mind. This science-based creativity program can improve brain functions. There will be a sampling of creative and fun exercises during the 4-week workshop. Come play with us! Please reserve your seat class size is limited by calling the Wellness Center 760.564.0096
Fri., March 13, 20, 27, & April 4; 10:30a.m.-12:00p.m.

HEALTH INSURANCE COUNSELLING ADVOCACY PROGRAM

Counselors provide free and unbiased information and counseling about Medicare, so you can make informed decisions. Counselors can explain Health Insurance Terminology, Supplemental Insurance, Billing and Claim procedures, and Long-Term care insurance. Please call 760.564.0096 for an appointment. Second and fourth Wednesday of the month only!
Wednesdays; 1-3p.m.

QUILTING FOR GOOD TIMES

Join the quilters and create quilts for the children of Camp Ronald McDonald year round. Volunteers are needed to help with making quilts for this uplifting program. Please call the Wellness Center for more information.
Thursdays; 1:00p.m.

UPCOMING HIKES

Spring Wildflowers in the Bear Creek Wash
*Saturday, March 14; 8a.m. Sharp!

Martinez Rock Slide
*Saturday, March 21; 8a.m. Sharp!

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
8:30am    Senior Tennis (Fritz Burns Park)
9:45am    LQ Voices
1pm       Mah Jongg; Fee: $2.00

Thursdays
8:30am    Senior Tennis (Fritz Burns Park)
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 (3/27)
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.
Physical Wellness

Cardio and Strength—Ann Marie Cohen
Mon/Wed/Fri; March 11-30; 9:45-10:30am
Fee: $27.00/$5 drop-in

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

Cardio and Strength—Ann Marie Cohen
Mon/Fri; March 15-29; 8:45-9:30am
Fee: $5 drop-in only!

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

Chair Yoga—Karen Vielhaber
Tue; March 3-31; 11:00-11:45am
Fee: $32.75/$8 drop-in (3/3 class at the LQ Library)

Dance Fusion—Maria Capri
Tue; March 10-31; 8:00-9:00am
Fee: $35.00/$6 drop-in

NEW

Yoga Flow—Alba Wilson
Thurs; March 12-26; 6:00-7:00pm
Fee: $30.00/$12 drop-in

Gentle Yoga—Karen Vielhaber
Mon; March 2-30; 9:30-10:30am
Fee: $43.75/$10 drop-in
(3/2 & 3/9 class at the LQ Library)

Gentle Yoga—Karen Vielhaber
Mon; March 2-30; 10:45-11:45am
Fee: $43.75/$10 drop-in
(3/2 & 3/9 class at the LQ Library)

Gentle Yoga—Karen Vielhaber
Wed; March 4-25; 9:30-10:30am
Fee: $35.00/$10 drop-in (3/4 class at the LQ Museum)

Gentle Yoga—Karen Vielhaber
Wed; March 4-25; 11:00-12:00pm
Fee: $35.00/$10 drop-in (March 4 class at the LQ Museum)

Strength and Balance—Tobi Miller
T/Th; March 10-31; 11:15-12:00pm
Fee: $18.00/$5 drop-in (no class 3/19)

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

Stretch and Restore—Kaz Johnson
Mon/Wed; March 11-25; 6:30-7:00am
Fee: FREE to fitness members ONLY!
(no class 3/2, 3/4 & 3/9)

*This class is not available to non-fitness members

Sun Style Tai Chi—Ann Marie Cohen
Mon/Wed/Fri; March 11-30; 10:45-11:30am
Fee: $27.00/$5 drop-in

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

Sunset Yoga—Art True
Mon/Wed; March 11-30 6:00-7:00pm
Fee: $42.00 / $10 drop-in

Taekwondo—Angel Rojas
Mon/Wed; March 2-30; 5:00-8:00pm
Fee: $56..25. (3/2, 3/4, & 3/9 Make up at another location)
Wellness Center

Register for classes online: https://laqwebtrac.laquintaca.gov
Pre-registration is preferred - Classes must meet minimum student registration requirements

Physical Wellness

Tai Chi Chuan Beginning—Joy Medeiros
Tues/Thurs; March 10-31 9:15-10:00am
Fee: $30.00/$8 drop-in (no class 3/19)

Tai Chi Chuan Intermediate—Joy Medeiros
Tues/Thurs; March 10-31; 10:15-11:00am
Fee: $35.00 /$8 drop-in (no class 3/19)

Zumba Gold —Maria Capri
Tues/Thurs; March 10-31 9:30-10:30am
Fee: $35.00 /$6 drop-in

Creative Wellness

Ballroom Dance Beginning—Teresa Shiry
Tues; March 10-31; 7:00-8:00pm
Fee: $40.00 /$15 drop-in

Ballroom Dance Intermediate—Teresa Shiry
Tues; March 10-31; 6:00-7:00pm
Fee: $40.00 /$15 drop-in

Desert Oasis Strummers—Chuck Sullivan
Fri; March 13-27; 2:00-4:00pm
Fee: $50.00 Materials fee

Friday Night Social Dance—Teresa Shiry
Fri; March 27; 6:00-7:30pm
Fee: $10.00

When the La Quinta Art Celebration is using the Wellness Center facility during Monday, March 2 through March 9, Wellness Center Fitness Members are welcome to use the Desert Recreation District La Quinta Fitness Center located at 77-865 Avenida Montezuma. You will need to show your membership card to the front desk staff. The Wellness Center will re-open to the public on Tuesday, March 10 at 5:30 a.m.

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!!!
Tues/Thurs; Year Round; 5:30-6:30pm
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