

May 2026



La Quinta Ukulele Strummers

Wellness Center Hours of Operation

Monday – Friday: 6:00 am - 7:00 pm
Saturday – Sunday: 6:00 am - 2:00 pm
 For questions or more information, please call
(760) 564-0096.

LOOK WHO'S IN THE LOBBY

HICAP One-on-One Consultations
Monday, May 11 | 10:00 am - 12:00 pm
 Personal guidance on understanding your Medicare benefits and options. **By Appointment Only.**
 Call 1-800-434-0222 or 909-256-8369

Medicare Health In Insurance
Thursday, May 14 & May 28 | 10:00 am - 11:30am
 Free information to your questions about Medicare provided by Bill Proctor & Associates, Inc.

FIND Food Bank
Tuesday, May 19 | 10:00 am - 11:30 am
 Resources and information on Alzheimer's support and care services.

WELLNESS CENTER CLASS SCHEDULE

Yoga Flow - Instructor: Billie Williams
 Mondays | May 4—May 18 | 11:00am - 12:00pm
 Fee: \$39.00 | Drop-in: \$18.00

Yoga Flow - Instructor: Billie Williams
 Wednesdays | May 6—May 27 | 11:00am - 2:00pm
 Fee: \$52.00 | Drop-in: \$18.00

Deep Stretch - Instructor: Atsuko Hewett
 Tues/Thurs | April 2 – 30 | 2:40pm—3:30pm
 Fee: \$72.00 | Drop-in: \$10.00

Ballroom, Latin, Swing - Instructor: Teresa Shiry
 Tuesdays | May 5—May 26 | 6:00pm - 7:00pm
 Fee: \$50.00 | Drop-in: \$15.00

Mat Pilates - Instructor: Billee Williams
 Tues/Thurs | May 5 - 28 | 11:00am - 12:00pm
 Fee: \$104.00 | Drop-in: \$18.00

Tai Chi Yang - Instructor: Atsuko Hewett
 Tues/Thurs | May 5 - 28 | 1:30—2:30pm
 Fee: \$64.00 | Drop-in: \$10.00

Sound Bath - Instructor: Alex Brauckmann
 Thursdays | May 7 - 28 | 6:00pm - 7:00pm
 Fee: \$60.00 | Drop-in: \$20.00

Personal Training - Trainer: Sharla Jensen
 Mondays - Thursdays | 9:00 am - 3:00 pm
 1 Session: \$60.00
 3 Sessions: \$165.00
 6 Sessions: \$330.00

LETS DO LUNCH - SENIOR PROGRAM
 A cost-free social activity program featuring educational lectures, games, art workshops, exercise, live entertainment, and more. Attendance is by registration; to register, call Savannah at 760-325-4088 ext.



CALIFORNIA

www.laquintaca.gov

LQ | Active

A publication of the Wellness Center

La Quinta Resident Cards

Resident cards may be purchased at Wellness Center on Mondays, Wednesdays, and Fridays from 10:00 a.m. to 3:00 p.m. (and the First Saturday of each month (November - April) and Holidays from 8:00 a.m. to 12:00 p.m. Please bring required documents. For more information call (760) 564-0096.

SUMMER GOLF EXPERIENCE

The La Quinta Summer Golf Experience is back for another exciting season! This 13-week golf program offers participants the opportunity to play at some of the top courses in the Coachella Valley at a discounted price. Players can choose the courses they wish to participate in, creating a flexible and customizable experience. Best of all, you don't have to be a La Quinta resident to join in on the fun. Please call the Wellness Center for more details (760) 564-0096.

Regular Registration: \$60 (May 1 - May 30)



EARLYBIRD REGISTRATION: \$45 (APRIL 1 - APRIL 30)
GENERAL REGISTRATION: \$60 (MAY 1- MAY 30)

DATE	GOLF COURSE	SHOTGUN START TIME	GREEN FEES
6/6/2026	Bermuda Dunes Country Club	7:30 AM	\$90
6/13/2026	Terra Lago Golf Club	7:30 AM	\$55
6/20/2026	Classic Club	7:30 AM	\$135
6/27/2026	Cimarron Golf Resort	7:30 AM	\$49
7/4/2026	Mission Hills Gary Player North	7:30 AM	\$60
7/11/2026	Trilogy Golf Club at La Quinta	7:30 AM	\$65
7/18/2026	PGA West Pete Dye Mountain Course	7:30 AM	\$99
7/25/2026	SilverRock Resort	7:30 AM	\$49
8/1/2026	Eagle Falls Golf Course	7:30 AM	\$65
8/8/2026	Desert Willow Golf Resort - Firecliff	7:30 AM	\$85
8/15/2026	Woodhaven Country Club	7:30 AM	\$65
8/22/2026	Desert Willow Mountain View Course	7:30 AM	\$85
8/29/2026	PGA West Pete Dye Dunes Course	7:30 AM	\$79
8/29/2026	Awards Banquet PGA West Resort Clubhouse	12:00 PM	\$25 per Guest

TO REGISTER VISIT : LQCOLFTOUR.LAQUINTACA.GOV

760.777.7189 | LAQUINTACA.GOV | LMAGALLANEZ@LAQUINTACA.GOV

Weekly Activities

The Wellness Center offers these opportunities as a service to the community and does not endorse or recommend any specific provider or business. All services are the sole responsibility of the individual provider and recipient.

Mondays

8:00 am – 10:00 am Walking Club (Indoors)

12:00 pm – 4:00 pm Social Bridge
Contact: Pat — (760) 219-9972 **Fee:** \$4.00

1:00 pm Monday Movie

Tuesdays

12:30 pm – 3:30 pm Mah Jongg
(American Style-Advanced/Intermediate) **Fee:** \$2.00

Wednesdays

8:00 am – 10:00 am Walking Club (Indoors)

1:00 pm – 4:00 pm Mexican Train Dominoes
Contact: Joyce: (408) 593-5442 **Fee:** \$2.00

Thursdays

1:00 pm – 3:00 pm Quilting for Good Times

Fridays

8:00 am – 10:00 am Walking Club (Indoors)

8:30am Bocce Ball open play (SilverRock Park)

2:00 pm – 4:00 pm La Quinta Ukulele Strummers
(\$20.00 fee)

Sundays

8:30am Bocce Ball open play (SilverRock Park)