











October Elders Fitness Community Classes

If you have any questions or concerns call
The Wellness Center @ 520-562-2026

Class dates and times may vary and/or change

**NO CLASSES
ON FRIDAYS**

Monday Lunas	Tuesday Gok Thash	Wednesday Vaik Thash	Thursday Giik Thash
<p>1 Tai Chi 1pm – 2pm @ D5 Elderly Center</p> 	<p>2 Elder Fitness 9am – 10am @ D4 Service Center</p> <p>Elder Fitness 12pm – 1pm @ D3 Service Center</p>	<p>3 No classes on Wednesdays until further notice</p> 	<p>4 Elder Fitness 8:45am – 9:45am @ D3 Service Center</p> <p>Elder Fitness 11am – 12pm @ D5 Elderly Center</p>
<p>8 Tai Chi 1pm – 2pm @ D5 Elderly Center</p>	<p>9 Elder Fitness 9am – 10am @ D4 Service Center</p> <p>Elder Fitness 12pm – 1pm @ D3 Service Center</p>	<p>10 No classes on Wednesdays until further notice</p>	<p>11 Elder Fitness 8:45am – 9:45am @ D3 Service Center</p> <p>Elder Fitness 11am – 12pm @ D5 Elderly Center</p>
<p>15 Tai Chi 1pm – 2pm @ D5 Elderly Center</p> 	<p>16 Elder Fitness 9am – 10am @ D4 Service Center</p> <p>Elder Fitness 12pm – 1pm @ D3 Service Center</p> 	<p>17 No classes on Wednesdays until further notice</p>	<p>18 Elder Fitness 8:45am – 9:45am @ D3 Service Center</p> <p>Elder Fitness 11am – 12pm @ D5 Elderly Center</p>
<p>22 Tai Chi 1pm – 2pm @ D5 Elderly Center</p>	<p>23 Elder Fitness 9am – 10am @ D4 Service Center</p> <p>Elder Fitness 12pm – 1pm @ D3 Service Center</p>	<p>24 No classes on Wednesdays until further notice</p> 	<p>25 Elder Fitness 8:45am – 9:45am @ D3 Service Center</p> <p>Elder Fitness 11am – 12pm @ D5 Elderly Center</p>
<p>29 Tai Chi 1pm – 2pm @ D5 Elderly Center</p> 	<p>30 NO CLASS TODAY DUE TO THE TRAIL OF DOOM EVENT</p>	<p>31 happy Halloween</p> 	 

Grape Chia Refresh Smoothie

INGREDIENTS

- 1 1/2 oz collard greens
- 5 oz grapes
- 2 mini cucumbers - chopped
- 1 lime - juiced
- 1 tbsp chia seeds
- 1 cup ice
- cup water



Blend all ingredients until smooth.