



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**

July Elders Fitness Community Classes

Monday Lunas	Tuesday Gok Thash	Wednesday Vaik Thash	Thursday Giik Thash
<p><u>2</u></p> <p>Bones and Balance 1:00 pm – 2:00 pm @D5</p>	<p><u>3</u></p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D3</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D4</p>	<p><u>4</u></p> <p>No classes on Wednesdays until further notice</p>	<p><u>5</u></p> <p>Chair Yoga 8:45 am – 9:45 am @ D3</p> <p>Chair Yoga 10:00 am – 11:00 am @ D5</p>
<p><u>9</u></p> <p>Bones and Balance 1:00 pm – 2:00 pm @D5</p>	<p><u>10</u></p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D3</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D4</p>	<p><u>11</u></p> <p>No classes on Wednesdays until further notice</p>	<p><u>12</u></p> <p>Chair Yoga 8:45 am – 9:45 am @ D3</p> <p>Chair Yoga 10:00 am – 11:00 am @ D5</p>
<p><u>16</u></p> <p>Bones and Balance 1:00 pm – 2:00 pm @D5</p>	<p><u>17</u></p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D3</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D4</p>	<p><u>18</u></p> <p>No classes on Wednesdays until further notice</p>	<p><u>19</u></p> <p>Chair Yoga 8:45 am – 9:45 am @ D3</p> <p>Chair Yoga 10:00 am – 11:00 am @ D5</p>
<p><u>23</u></p> <p>Bones and Balance 1:00 pm – 2:00 pm @D5</p>	<p><u>24</u></p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D3</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D4</p>	<p><u>25</u></p> <p>No classes on Wednesdays until further notice</p>	<p><u>26</u></p> <p>Chair Yoga 8:45 am – 9:45 am @ D3</p> <p>Chair Yoga 10:00 am – 11:00 am @ D5</p>
<p><u>30</u></p> <p>Bones and Balance 1:00 pm – 2:00 pm @D5</p>	<p><u>31</u></p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D3</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D4</p>		

Watermelon Wonder

INGREDIENTS

- 2 cups chopped watermelon
- ¼ cups fat free milk
- 2 cups ice



Directions:

COMBINE the watermelon and milk, and blend for 15 seconds, or until smooth. Add the ice, and blend 20 seconds longer, or to your desired consistency. Add more ice, if needed, and blend for 10 seconds.

SERVINGS: 2