



# SENIOR SERVICES DIVISION ELDER ACTIVITIES FOR

# SOPOL 'ESABIG MASAD AUGUST 2022



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 	2	3	4	5	6	
7	8 Senior Advisory Council meeting 10am-3pm	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 	29	30	31			

**NOTES:**

**HOPP ACTIVITIES:** <https://global.gotomeeting.com/join/250882061>

**SENIOR ADVISORY COUNCIL:** <https://global.gotomeeting.com/join/261828189>

**NATIVE AMERICAN CIRCLE GROUP:** <https://zoom.us/j/94181438756>

**Caregivers Corner:** <https://global.gotomeeting.com/join/854006773>

**Watch/Listen to Presentation:** <https://global.gotomeeting.com/join/561073741>

**Arizona Indian Council on Aging** <https://itcaonline.zoom.us/j/87941233862>

**Call in No. 1 (408) 650-3123 Access Code: 250-882-061**

**Call in No. 1 (646) 749-3122 Access Code: 261-828-189**

**Call in No. 1 (346) 248 7799 Meeting ID: 941 8143 8756**

**Call in No. 1 (646) 749-3122 Access Code: 854-006-773**

**Call in No. 1 (224) 501-3412 Access Code: 561-073-741**

**Call in No. 1-253-215-8782 Meeting ID: 879 4123 3862**



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The Healthy O'Odham Promotion Program will be conducting a 30 minute informational / exercise session  
<https://global.gotomeeting.com/join/250882061> Call in number 1 (408) 650-3123 Access Code: 250-882-061

Senior Advisory Council meets once a month to discuss concerns and receive information from a scheduled presenter. Senior Services will provide updates on services.

<https://global.gotomeeting.com/join/261828189> Call in number 1 (646) 749-3122 Access Code: 261-828-189

Caregiver's Corner: Every Thursday Cynthia E Manuel will be available for information and questions in regards to caregiver support

<https://global.gotomeeting.com/join/854006773> Call in number 1 (646) 749-3122 Access Code: 854-006-773

Native American Circle group is a 30 minute discussion on a single topic with, Nicole Lomay from Banner Alzheimer's Institute.

<https://zoom.us/j/94181438756> Call in No. 1 (346) 248 7799 Meeting ID: 941 8143 8756

Watch/Listen presentation:

<https://global.gotomeeting.com/join/561073741> Call in number 1 (224) 501-3412 Access Code: 561-073-741

Arizona Indian Council on Aging: Monthly meeting for area agency on aging, region 8. Updates, information/presentations

<https://itcaonline.zoom.us/j/87941233862> Call in No. 1-253-215-8782 Meeting ID: 879 4123 3862

Chair Volleyball Practice:

Sells Recreation Center every Friday 9:00am-12:00pm, subject to change per Recreation Center for more information contact Ashley Jose (520) 383-1260

***Each activity session will start promptly at start time and will end 15 minutes later if there are no participants***

***If you have any questions or concerns contact Stephanie Begay-Garcia (520) 279-1574***

DOWNLOAD THE **GoToMEETING** APP ON YOUR SMARTPHONE TO PARTICIPATE VIRTUALLY.  **GoToMeeting**