# Senior Services Division Elder Activities for WASAI GAKIDAG MASAD - September 2022

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<tr>
<th>SUN</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT</th>
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<td>HOLIDAY - OFFICE CLOSED</td>
<td>11-11:30am HOPP W/ Marco</td>
<td>11-11:30am HOPP W/ Arlo</td>
<td>Arizona Indian Council on Aging 10:00am-12:00pm</td>
<td>Chair Volleyball practice Sells Rec. Center 9-12p</td>
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<td>Senior Advisory Council meeting 10am-3pm</td>
<td>11-11:30am HOPP W/ Eric</td>
<td>11-11:30am HOPP W/ Joshua</td>
<td>1:00pm-1:30pm Caregivers Corner</td>
<td>Chair Volleyball practice Sells Rec. Center 9-12p</td>
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<td>11-11:30am HOPP W/ Sean</td>
<td>11-11:30am HOPP W/ Marlinda</td>
<td>1:00pm-1:30pm Caregivers Corner</td>
<td>Chair Volleyball practice Sells Rec. Center 9-12p</td>
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<td>HOLIDAY - OFFICE CLOSED</td>
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<td>11-11:30am HOPP W/ Sylvia</td>
<td>11-11:30am HOPP W/ Deirdra</td>
<td>1:00pm-1:30pm Caregivers Corner</td>
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**NOTES:**

- **HOPP ACTIVITIES:** [https://global.gotomeeting.com/join/250882061](https://global.gotomeeting.com/join/250882061)
- **Senior Advisory Council:** [https://global.gotomeeting.com/join/261828189](https://global.gotomeeting.com/join/261828189)
- **Native American Circle Group:** [https://zoom.us/j/94181438756](https://zoom.us/j/94181438756)
- **Caregivers Corner:** [https://global.gotomeeting.com/join/854006773](https://global.gotomeeting.com/join/854006773)
- **Watch/Listen to Presentation:** [https://global.gotomeeting.com/join/561073741](https://global.gotomeeting.com/join/561073741)
- **Arizona Indian Council on Aging:** [https://itcaonline.zoom.us/j/87941233862](https://itcaonline.zoom.us/j/87941233862)

Call in No. 1 (408) 650-3123 Access Code: 250-882-061
Call in No. 1 (646) 729-3122 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

Download the GoToMeeting App on your smartphone to participate virtually.
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.

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

Native American Circle group: 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:

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