



SENIOR SERVICES DIVISION ELDER ACTIVITIES FOR WASAI GAKIDAG MASAD - SEPTEMBER 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 Arizona Indian Council on Aging 10:00am-12:00pm 1:00pm-1:30pm Caregivers Corner	2 Chair Volleyball practice Sells Rec. Center 9-12p	3
4	5 HOLIDAY -OFFICE CLOSED	6 11-11:30am HOPP W/ Marco	7 11-11:30am HOPP W/ Arlo	8 Native American Circle Group 10:00am - 10:30am 1:00pm-1:30pm Caregivers Corner	9 Watch/Listen to Presentation 10-11am Chair Volleyball practice Sells Rec. Center 9-12p	10
11 Senior Advisory Council meeting 10am-3pm	12	13 11-11:30am HOPP W/ Eric	14 11-11:30am HOPP W/ Joshua	15 1:00pm-1:30pm Caregivers Corner	16 Chair Volleyball practice Sells Rec. Center 9-12p	17
18	19	20 11-11:30am HOPP W/ Sean	21 11-11:30am HOPP W/ Marlinda	22 1:00pm-1:30pm Caregivers Corner	23 Chair Volleyball practice Sells Rec. Center 9-12p	24
25	26	27 11-11:30am HOPP W/ Sylvia	28 11-11:30am HOPP W/ Deirdra	29 1:00pm-1:30pm Caregivers Corner	30 HOLIDAY -OFFICE CLOSED	

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



SENIOR SERVICES DIVISION ELDER ACTIVITIES FOR WASAI GAKIDAG MASAD - SEPTEMBER 2022



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: 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