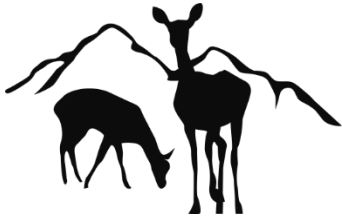


CLUB YARNELL



SCHEDULE

SEPTEMBER 2017

Every Monday, 4:00- 6:30 pm

Every Wed. 9:30 – 11 am

Every 1st Tues., Sep.5

Every Tues., 11:00 – 12:00

Wed. Sep. 13, 1:00 - 1:30

1:30 – 3:15

Mon. Sep. 18, 1:30 – 2:30

Game night

Chronic Pain Support Group Meets

Tai Chi

Blood Pressure Checks

Medicare Overview

*Individual Medicare consultations –
15 minutes per session*

Let's Talk: It's YOUR Body!

Tips and Tricks that work for you!

OCTOBER 2017

Every Monday, 4:00- 6:30 pm

Every 1st Tues., Oct. 3rd

Every Tues., 11:00 – 12:00

Mon., Oct. 9, 1:30 - 2:45

Thurs., Oct. 12, 19, 26,

1:30 – 4:00

Fri. Oct. 20, 1:30 – 2:30

Tues. the 10, 17, 24, and 31st. at 6:30 to 8:00

Game night

Tai Chi

Blood Pressure Checks

**Let's Talk : Holiday Plans and
Managing Stress!**

Diabetes Series (NACOG)

**Fun in the Kitchen with
Rebecca Serratos (NAU)**

Conversations in Spanish with Kae Cameron

Club Yarnell is open to everyone! Unless specified, programs are free.
Call Jerry Florman for ideas, details and to offer a program. 602.399.1679

