

**STAY HEALTHY AND ACTIVE!**

# **HUALAPAI SENIOR SERVICES**

# **Chair Volleyball**



**5:15 PM to 7:00 PM**

Monday February 6, 2023

Monday February 13, 2023

Thursday February 16, 2023

Thursday February 23, 2023

Monday February 27, 2023

**55 years old  
and UP**



**You don't  
have to be on  
a team...**

**Come on out and play for FUN..**

**STAY HEALTHY AND ACTIVE!**

# **HUALAPAI SENIOR SERVICES**



# **Chair Volleyball**

We have coordinated with Athena Crozier, Hualapai Special Diabetes Program for Indians, Health Educator/Fitness Specialist. She'll be your instructor.



**5:15 PM to 7:00 PM**

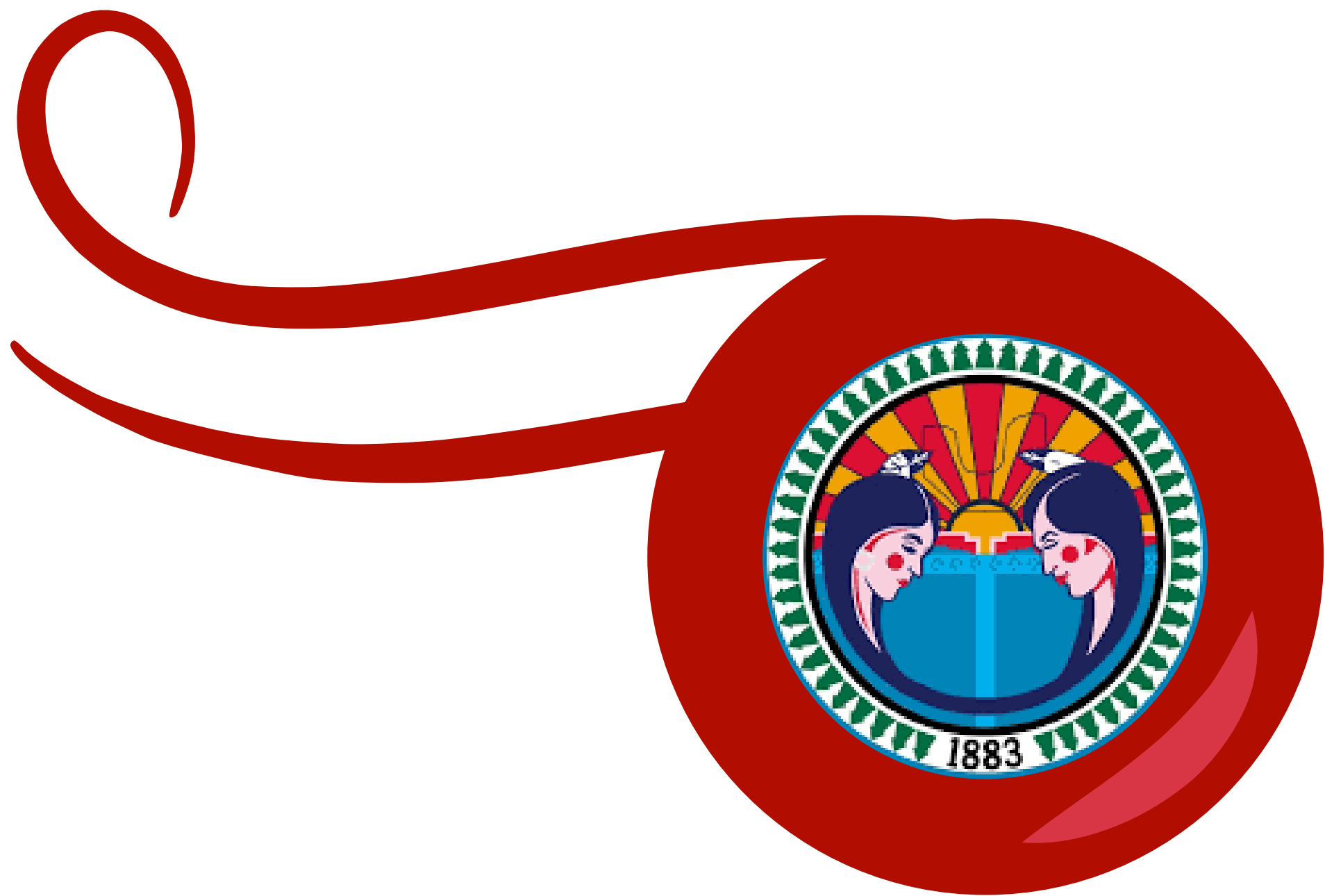
**Thursday**

**October 6, 2022**

**55 years old  
and UP**

**You don't  
have to be on  
a team...**

**Come on out and play for FUN..**



**Wednesday 8/31/2022**

**5:15 to 7:00 PM**

We have a special guest  
appearance for 1 hour

**55 years old  
and UP**

**You don't  
have to be on  
a team...**

**Come on out and play for FUN..**