



April 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	1 APRIL FOOLS DAY! Chair Exercise with Rondi, SDPI 11 AM to 11:30 AM Cinema "Triumph" 1:30 PM to 3 PM	2 Self Care: Goal Setting with Breanna 11:30 AM to 12 PM Vital Checks with HEW CHRs 11: 00 AM to 12:00 PM	3 Chair Exercise with Rondi, SDPI 11 AM to 11:30 AM Sewing Classes with Rosemary 1:30 PM to 3:30 PM	4 Stepping with Rondi, SDPI 3:00 PM to 4:00 PM	5	6
7	3 Day Free Training for CHR/CHWs/Caregivers Native Elder Caregiver - Caring for Our Elders (NO ACTIVITIES)				La Paz Monument Site Visits Ehrenburg and Beal Springs AZ	
	8 Chair Exercise with Rondi, SDPI 11 AM to 11:30 AM BINGO (Senior Fundraiser) ***Senior's please bring 2 prizes to donate*** 11:30 AM to 1 PM Senior/Elder Advisory Committee Meeting 3 PM to 4 PM	9 La Paz Story and Dinner for Runner's at the Multi @ 6:00 PM	10 Sewing Classes with Rosemary 1:30 PM to 3:30 PM	11	12	13
14	15 Chair Exercise with Rondi, SDPI 11 AM to 11:30 AM BINGO (Senior Fundraiser) ***Senior's please bring 2 prizes to donate*** 11:30 AM to 1 PM Senior/Elder Advisory Committee Meeting 3 PM to 4 PM	16 Meet our CHW Team 11:00 AM to 12 PM Vital Checks with HEW CHRs 11: 00 AM to 12:00 PM Runner's Sweat for La Paz @ 5:00 PM	17 Chair Exercise with Rondi, SDPI 11 AM to 11:30 AM Sewing Classes with Rosemary 1:30 PM to 3:30 PM	18 Stepping with Rondi, SDPI 3:00 PM to 4:00 PM	19	20 <i>La Paz Run</i>
21 <i>La Paz Run</i>	22 The Planning Department will be hosting Earth Day Event. All Tribal Departments need to sign in at the 66 Park at 7:00 AM. Community members are welcome to participate in event as well. Lunch will be at 12:00 PM. ***DUE TO EVENT THE SENIOR SERVICES WILL BE CLOSED***	23 Stress and Weight Gain Presentation with Damen, SDPI 11:30 AM to 12 PM Vital Checks with HEW CHRs 11: 00 AM to 12:00 PM	24 <i>Happy Administrative Day</i> Chair Exercise with Rondi, SDPI 11AM to 11:30 AM Sewing Classes with Rosemary 1:30 PM to 3:30 PM Hualapai Culture Classes with Jorgine Paya, Helen Watahomigie, and Sterling Selana 5:30 PM to 7:30 PM	25 Stepping with Rondi, SDPI 3:00 PM to 4:00 PM	26	27
28	29 Chair Exercise with Rondi, SDPI 11 AM to 11:30 AM Cinema "Ordinary Angels" 1:30 PM to 3 PM	30 Chair Exercise with Rondi, SDPI 11 AM to 11:30 AM My Native Plate - Nutrition with Rosemary and Cotton 11:30 AM to 12 PM Vital Checks with HEW CHRs 11: 00 AM to 12:00 PM				

Chair Volleyball for 16 + (GYM) with Recreation Staff

Chair volleyball includes physical activity, social interaction, competition, and most of all, lots of laughs!

Chair Volleyball is every Wednesdays starting at 12:00 PM

For more information contact **Ronald Quasula Jr., Program Manger @ (928)769-2652**

Join Our Message Group

Get up-to-date information on Senior Center activities, menu changes, delayed deliveries by joining our text message group. We will no longer be sending out paper flyers, just memorial flyers. If you would like to receive messages talk with a Center staff member to join TODAY.

To sign up contact the Caregiver Support Services Coordinator.

Donations

The program allows participants and community members to donate monetary donations or prizes to the center. Donations can be made at the Center with Katelyn or at the Hualapai Tribal administration.

