

COMMUNITY GROUP EVENTS

sponsored by FLOA

Location: In the FLOA House at the Community Center
1111 Merzville Rd, Forest Lakes

MONDAYS - WEEKLY

1. Ladies Hand and Foot Card Game - 1 PM.

Contact person is Judy Summers, jsummers43@earthlink.net

2. Weight Management Class - 9 AM. For both ladies & men.

Contact person is Cindy Schaider, cindyschaider@gmail.com

MONDAYS AND WEDNESDAYS - WEEKLY

1. Yoga Class - 4 PM.

Cost is \$10 per class. Instructor: Al of Serenity Yoga in Heber.

Contact person is Faye at 928-535-3891.

THURSDAYS - MONTHLY (1ST Thursday)

1. Bunco Ladies - 1 PM.

a. Cost is \$5. Reservations necessary.

Contact is Shari Massion, ssmassion45@gmail.com

Please be a current member of FLOA to participate in these groups. You can become a member at any event. Fees are \$30 per calendar year.

Membership Forms are available at each group event. FLOA is able to sponsor these groups because of members' annual dues.

Any charges for an event are set by the group to cover their own expenses.

All groups are seasonal and are held from May through September.