



a strength, balance, and fitness class for adults 65+

SAIL CLASS SCHEDULE

Stay Active and Independent for Life
A Strength, Balance, and Fitness Class for Older Adults

ADORNIA CENTER 1011 Waterfrond Dr., Eureka.....	441-4248	Wed., Sat. 3:00 – 4:00 p.m.
FERNDALE COMMUNITY CENTER - Ferndale Senior Resource Center End of Main Street at Fireman’s Park, Ferndale	786-4141	Mon., Wed., Fri. 8:45
FERNDALE COMMUNITY CENTER – Ferndale Senior Resource Center End of Main Street at Fireman’s Park, Ferndale Beginning SAIL	786-4141	Mon., Wed. 10:30 – 11:30
FORTUNA MULTI GENERATIONAL CENTER 2280 Newberg Road	Peggy 267-3626	Mon., Wed 5:00 – 6:00 p.m.
FRESHWATER GRANGE 49 Grange Road, Freshwater	Nancy 443-5264	Mon., Wed 3:30 – 4:30
GENERAL HOSPITAL CAMPUS 2200 Harrison Avenue, Eureka	Georgina 268-0833	Tu., Th. 2:00 – 3:00
GENERAL HOSPITAL CAMPUS 2200 Harrison Avenue, Eureka	Georgina 268-0833	Tu., Th. 3:30-4:30
GENERAL HOSPITAL CAMPUS 2200 Harrison Avenue, Eureka	Joan 442-4415	Mon., Wed. 1:45 – 2:45
GENERAL HOSPITAL CAMPUS – SAIL Plus 2200 Harrison Avenue, Eureka	Joan 442-4415	Mon., Wed 3:30 – 4:30
HEALY SENIOR CENTER 456 Briceland Road, Redway	Evelyn 986-7230	Mon., Th. 10:45
HUMBOLDT SENIOR RESOURCE CENTER 1910 California Street, Eureka	443-9747	Mon., Wed., Thurs. 1:15 – 2:00
HUMBOLDT SENIOR RESOURCE CENTER 1910 California Street, Eureka	443-9747	Mon., Tue., Wed., Th. 2:10 – 3:10
MC KINLEYVILLE SENIOR CENTER 1620 Pickett Road, McKinleyville	839-0191	Tu., Th. 9:30 – 10:30

Coordinated by the Area 1 Agency on Aging.
For Further Information call (707) 442-3763 or
Phoebe Smith (707) 502-1696