



BARRE CLASS with MICHELLE on WEDS AT 8:30 AM @ SPA+FITNESS

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EVENT CALENDAR

**SPA & FITNESS
CENTER**

POOL CLOSED

TRAILHEAD POOL CLOSURE

The Trailhead pool will be closed on Saturday, July 13 for maintenance. [The Boulder Mountain Pool will be open.](#) Please call our office with any questions.

LOST AND FOUND

LOST AND FOUND

Our lost and found is growing. We have an abundance of items that have been left behind at events or turned into our office. Please stop by

the Trailhead office or call 480-357-8780 by Friday, July 19.



BINGO

BINGO

FRIDAY, JULY 12

5:30 - 8:30 pm @ The Trailhead Banquet Rooms

Join us for a night of BINGO fun! **Come meet your neighbors, mingle and be ready to have a blast!** Doors open for happy hour at 5:30 pm and game play begins at 6 pm. Feel free to BYOB and snacks.

Registration is required for all attendees and space is limited. There will be no registration refunds.

The event is sponsored by [Leading Edge Senior Care](#).



REGISTER

DICE TO MEET YOU

BOARD GAME CLUB

SUNDAY, JULY 21

1 - 3 pm @ The Trailhead Banquet Rooms

Stop by the Las Sendas community's latest club – Dice to Meet You.

Whatever your experience, there's a seat for you at the table. Limited games will be provided by the hosts. Attendees can also bring their favorites to share with the group. Games should be suitable for ages 10+.



Contact organizers Brittany and Henry at DiceToMeetYouClub@gmail.com with questions.

BABYSITTER CPR

CHILDCARE & BABYSITTER TRAINING PLUS FIRST AID, CPR/AED

TUESDAY, JULY 23

**9:30 am - 2:30 pm @ The Trailhead
Banquet Rooms**

This one-day course gives students the knowledge and skills to confidently care for infants and school-aged children. Participants will learn how to respond to emergencies and illness with first aid, rescue breathing, CPR and other appropriate care, along with the basics of babysitting. Students will receive a Babysitters Certification Card and CPR/AED certification card good for 2 years. Students will receive class supplies: CPR/First Aid Kit, workbook, babysitter bag, hands-on manikin practice, interactive learning and more!



REGISTER

SPECIAL NEEDS WORKSHOP

SPECIAL NEEDS PLANNING WORKSHOP

TUESDAY, JULY 23

**6-7 pm @ The Trailhead Banquet
Rooms**

Residents, friends, and family are invited to an opportunity to attend a special needs planning workshop presented by Bart Stevens. **This FREE educational workshop geared towards caregivers** will cover subjects such as: Special Needs Trusts, Wills, Family Trusts, Guardianship, Trustees, Social Security, Medicaid, Medicare, Financial/Budget Planning ABLE Accounts, the Letter of Intent, and more.



REGISTER

SUMMER YOUTH ACTIVITY CAMP

SUMMER KIDS CAMP

JUNE & JULY

8 am - 2 pm

You still have time to enroll your child - ages 5-12 - in the Summer Youth Activity Camp. Indoor and outdoor activities include tennis, pickleball, soccer, field games, swimming, splash pad, plus arts & crafts.

SIGN UP



SPA + FITNESS

Enjoy a 2-month gym membership for \$69! All group fitness classes included.

BEAT THE HEAT



2
MONTH
MEMBERSHIP
\$69

GROUP FITNESS INCLUDED

YOGA | BARRE | PILATES | STRENGTH
BALANCE | MOBILITY | CORE + MORE!



LAS SENDAS
SPA AND FITNESS CENTER

480-832-6900
lsfitspa.com

JULY SPA SPECIALS

- Ultimate Beauty Cocktail Facial \$135
- Intro Massage \$99

Click the buttons below to learn more.



July

Spa Specials



LAS SENDAS
SPA AND FITNESS CENTER

Facial & Massage

Ultimate Beauty Cocktail Facial

\$135 Reg \$155

(HYDROFACIAL, RF, DERMAPLANING, ENZYME & LED LIGHT)

Intro Massage

\$99 reg \$125

(tailored for your needs)

NEW



Scan
Me

PureLift Micro-current Facial

NOW AVAILABLE

\$199 Reg \$250

All Natural lift at the muscle layer with

NO DOWNTIME!

www.lsfitspa.com

*Book
Now!*



GROUP FITNESS SCHEDULE

MORE INFORMATION

QUICK LINKS



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RECREATION



BUSINESS
DIRECTORY



PROJECT UPDATES



COMMUNITY
CALENDAR



COMMUNITY NEWS

GET LAS SENDAS TEXTS

LAS SENDAS GOLF COURSE

TALK WITH THE TEAM

Sharon Haas | Community Manager
Gina Gluvna | Spa + Fitness Director
Michael Fenzel | Lifestyle Director
Rob McKaig | Director of Security
Dustin Melgaard | Maintenance Director
Christal Bromley | Executive Director

Calee Burch | Community Standards
 Manager
Kimberly Kelley | Design Review
 Coordinator
Melody Birkett | Communications
 Manager
Christine Hatch | Lifestyle Coordinator
Maureen Trask | Front Desk Associate

Community Office | (480) 357-8780

(Notary services available by appointment)

Spa + Fitness Center | (480) 832-6900

Security | (480) 220-1794

Mesa Police Non-Emergency Line | (480) 644-2211

COMMUNITY WEBSITE

SPA + FITNESS WEBSITE

Trailhead Members Club
 7900 E Eagle Crest Dr.
 Mesa, AZ 85207
 (480) 357-8780
M - F, 8:30 am - 4:30 pm

Las Sendas is proudly managed by



Las Sendas Community Association | 7900 East Eagle Crest Drive | Mesa, AZ 85207 US

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