



April 2018

A.O.A. Activity Calendar of Events

Contact: Cheri Ward (719)543-5151 ext.322

3200 E. Spaulding Ave. Pueblo, CO 81008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 YMCA Closed Happy Easter	2 9:00 am Date to Motivate 1:00 Paint with Pals Room C	3	4	5 9-10 Journal Club Topic: Cheers to Beers! Room A	6 12:00 "Senior Circus" Pot Luck Party Room B & C  	7
8	9 9:00 am Date to Motivate 1:00 Paint with Pals Room C	10 Parkinson Support Group 11:15-12:15 Room B	11	12 9-10 Journal Club Topic: Happy Things 11:10 Natural Grocers Presentation	13 11-12 Greeting Card Making Room A	14
15	16 9:00am Date to Motivate 1:00 Paint with Pals Room C	17	18 Stroke Survivor Support Group 1-3 Room B	19 9-10 Journal Club Topic: Celebrity Crushes Room A	20 8:00 am Breakfast Club Village Inn North	21 Bring your grand- kids to the Y for Healthy Kids Day Activities from 10:00-1:00
22	23 9:00 am Date to Motivate 12:00 Bingo's Back! 1:00 Paint with Pals Room C	24	25	26 9-10 Book Club Room A	27	28
29	30 9:00 am Date to Motivate 11:00 Scrabble Club 1:00 Paint with Pals					See Program Details on Reverse Side

April 2018 Schedule of Events

Special Events:

4/6: "Senior Circus Under the Tent Top" Pot Luck Party at 12:00 noon: Join our Y family for a pot luck the first Friday of every month at noon. Please bring your yummy covered dishes, salads, and limited desserts. Community members welcome. A three minute video will be shown to celebrate the camp scholarship dollars that have been raised during this year's Community Campaign. Thank you all who have already contributed. Wear your best camp or circus attire and enjoy the fun!

4/12: 11:10-11:40 "Natural Grocers" - Rosalie Glenn, nutritional health coach, will present at our YMCA either from on "Turmeric the Spice of Life."

4/13: 11:00 "Cards with Crump" - Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

4/23: 11:00-12:00 Bingo's Back! Visiting Angels will sponsor a light snack and information on their assistance services for 15 minutes and then we will play Bingo!

*** Mondays are always a great date to motivate yourself and others at the Y. New and previous members alike can come at 9:00 am for information and guidance on all our programs. Bring your non-member friends that could be interested in membership. Tours of the facility included.

April 5th, 12th, 19th 9:00am Thursday Journal Club

Journaling one's life story is a fun way to preserve family records, keep traditions alive and to refresh cherished memories. Studies prove the therapeutic benefits of writing and reflection. Weekly topics are presented in an open forum so you can join these relationship building discussions at any time with or without written material prepared. See front of calendar for topics.



Mondays! 1:00-3:00 pm Paint with Pals:

Bring your own projects and supplies and share techniques and conversation with fellow painters.

4/20 8:00 am "Breakfast Club" : The Breakfast Club will meet at Village Inn North 4719 N. Elizabeth 253-0450.

4/30 11:00 Scrabble Club:

There simply HAS to be more Scrabble players out there than our regular four, please come forth! If it is the time that is prohibitive call Cheri to discuss.

4/26, 9-10 am Book Club:

Book Club is a great way to expand your horizons, improve your reading skills, promote learning and enjoy stimulating conversation while building lasting relationships. This month's selection is "My Not So Perfect Life" by Sophie Kinsella. Everywhere Katie Brenner looks, someone else is living the life she longs for, particularly her boss, Demeter Farlowe. Demeter is brilliant and creative, lives with her perfect family in a posh townhouse, and wears the coolest clothes. Katie's life, meanwhile, is a daily struggle from her dismal rental to her oddball flat mates to the tense office politics she's trying to negotiate. No wonder Katie takes refuge in not so quite true Instagram posts, especially as she's desperate to make her dad proud.

"A sparkling, witty novel about social media and the stories we tell ourselves." -People

"A joy to read, themes of friendship, love and living your true life rise to the top." USA Today



April 23rd Bingo sponsored by Visiting Angels. See above for details.

Pickleball

The great and popular game of Pickleball is a racquet sport which combines elements of badminton and tennis.



Monday/Friday:

Open Play 9:30-12:30

Wednesday/Thursday:

Open Play 2:15-4:30 pm

Beginner skills lessons Thursdays 1-2pm

For rules and more information, go to Usapa.org.



Ladies,

Interested in becoming a member of the Red Hat Society? Contact Becky Kurlmel @ 402-594-7019.