



August 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	2 9-10 Journal Club Topic: Creative Inspiration	3 11:10 Natural Grocers Presentation -Y 12:00 Lunch Bunch Meeting at Pizza Ranch 	4
5	6 9:00 am Date to Motivate 1:00 Paint with Pals At Bonaventure	7	8	9 9-10 Journal Club Topic: High In The Sky	10	11
12	13 9:00am Date to Motivate 1:00 Paint with Pals At Bonaventure	14 Parkinson Support Group 11:15-12:15 Board Room	15 Stroke Survivor Support Group 1-3 Board Room	16 9-10 Journal Club Topic: State of Relaxation	17 8:00 am Breakfast Club at Village Inn North 	18
19	20 9:00 am Date to Motivate 1:00 Paint with Pals At Bonaventure	21	22	23 9-10 Journal Club Topic: Eruptions	24	25
26	27 9:00 am-D.T.M 11:00 Scrabble 1:00 Paint with Pals At Bonaventure	28	29	30 9-10 Book Club Board Room 	31	See Program Details on Reverse Side

August 2018 Schedule of Events

Special Events:

8/3: 11:10-11:40 "Natural Grocers"– Rosalie Glenn, nutritional health coach, will present at our Y, "Protect Your Skin From the Inside Out" Then head to.....

8/3: 12:00 Lunch Bunch at the Pizza Ranch : Until we get our community room back pot luck is replaced with "lunch bunch" meaning we have seating reserved together at Pizza Ranch, 1761 S. Pueblo Blvd. 281-3957. Must pay your own way for buffet. I believe it is around \$10.00-\$12.00, call them for details.

* It is "Berry" important for you to keep up your summer workouts! Pick up a August "Jam in the Gym" players card from Cheri!



*** 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.

Aug. 2, 9, 16, 23 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 at Bonaventure located at 3125 Bonaventure Ct.

8/17 8:00 am "Breakfast Club" : The Breakfast Club will meet at Village Inn North 4719 N. Elizabeth 253-0450

8/27 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.

8/30, 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 "Olive Kitteridge" by Elizabeth Strout. Winner of the Pulitzer Prize, Olive Kitteridge offers profound insights into the human condition, its conflicts, tragedies, joys, and the endurance it requires. At times stern, at other times patient, at times perceptive, at other times in sad denial, Olive Kitteridge, a retired schoolteacher, deplores the changes in her little town of Crosby, Maine, and the world at large, but she doesn't always recognize the changes in those around her: a lounge musician haunted by a past romance; a former student who has lost the will to live; Olive's own adult child, who feels tyrannized by her irrational sensitivities; and her husband, Henry, who finds his loyalty to his marriage both a blessing and a curse. As the townspeople grapple with their problems, mild and dire, Olive is brought to a deeper understanding of herself and her life, sometimes painfully, but always with ruthless honesty.



Pickleball

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



Wednesday 2:15-4:30

Thursday 2:15-4:30

Friday 7:30-9:30 am

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.