



December 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	3 9:00am Date to Motivate 1:00 Paint with Pals Room C	4	5	6 9-10 Journal Club Topic: Time Traveling	7 12:00 "Candy Land Christmas" 	8
9	10 9:00am Date to Motivate 1:00 Paint with Pals Room C	11 Parkinson Support Group 11:15-12:15 Room B	12	13 9-10 Journal Club Topic: Award a Nobel Peace Prize 11:10 Natural Grocers "Detox 101"	14 11-12 Greeting Card Making 	15
16	17 9:00 am Date to Motivate 11:00 Games and Goodies 1:00 Paint with Pals Room C	18	19 Stroke Survivor Support Group 1-3	20 9-10 Journal Club Topic: What About Christmas?	21 Breakfast Club 8:00 CrackerBarrel 	22
23	24 YMCA close 12:00	25 YMCA Closed Merry Christmas 	26	27 9-10 Book Club 	28	29
<hr/> 30	<hr/> 31 YMCA close 3:00pm					<hr/> See Program Details on Reverse Side

December 2018 Schedule of Events

Special Events:

12/7: - 12:00-1:00 "Candy Land Christmas" Pot Luck : Dress up in your Christmas garb and please contribute a covered dish, salad, or limited sweet treats!

12/13: 11:10-12:00 Natural Grocers Presentation: Rosalie Glenn, nutritional health coach, will present "Detox 101." 'Tis the season to overindulge! Come learn how to support your body's recovery from the extra sweets and alcohol we have during this time a year.

12/14: 11:00-12:00 "Cards with Crump": Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

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

Dec. 6, 13, 20 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 .

12/17 11:00 Games and Goodies : Come share your favorite board game, card game and snacks for some holiday fun with friends.

12/21 8:00 am "Breakfast Club": All are welcome to meet at Cracker Barrel, 4735 N. Elizabeth.
(719) 595-0711

12/27, 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 "Major Ernest Pettigrew's Last Stand" by Helen Simonson. Major Ernest Pettigrew leads a quiet retired life in the small rural English village of Edgcombe St. Mary where he values the proper things that Englishmen have treasured for generations such as honor, duty, decorum, and a properly brewed cup of tea. The major takes pleasure in his well organized and rational life until he finds out that his patronizing son, and the kind yet interfering ladies of the village, seem to have their own, rather special plans for him.



Pickleball

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



Monday 9:30 am –12:30 pm
Wednesday 2:15–4:30 pm
Thursday 1–2 beginner lessons ; 2:15–4:30
Friday 9:30 am–12:30 pm

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.