



February 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
				<p>1 9-10 Journal Club Topic: "Escape" Room A</p>	<p>2 12:00 "For the Love of Groundhogs" Pot Luck Party Room B & C</p>  	<p>3 Cheri "On the Radio" 8:30 am 590 KCSJ AM</p> 
<p>4 Cheri "On the Radio" 10:00 am KCSJ AM</p> 	<p>5 9:00 am Date to Motivate 1:00 Paint with Pals Room C</p>	<p>6</p>	<p>7</p>	<p>8 9-10 Journal Club Topic: "Frontier Living" Natural Grocers: See Back for details</p>	<p>9 11-12 Greeting Card Making Room A</p>	<p>10</p>
<p>11</p>	<p>12 9:00am Date to Motivate 1:00 Paint with Pals Room C</p>	<p>13 Parkinson Support Group 11:15-12:15 Room C</p>	<p>14 Red Hatters Invite all women to: "Queen of Hearts" Valentine Playing Cards Party 12:00</p> 	<p>15 9-10 Journal Club Topic: What's in Your Heart? Room A</p>	<p>16 8:00 am Breakfast Club Southwest Grill</p>	<p>17</p>
<p>18</p>	<p>19 9:00 am Date to Motivate 1:00 Paint with Pals Room C</p>	<p>20</p>	<p>21 Stroke Survivor Support Group 1-3 Room B</p>	<p>22 9-10 Book Club Room A</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26 9:00 am Date to Motivate 11:00 Scrabble Club 1:00 Paint with Pals</p>	<p>27</p>	<p>28</p>			<hr/> <p>See Program Details on Reverse Side</p>

February 2018 Schedule of Events

Special Events:

2/2: "For the Love of Groundhogs" 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. Wear your Valentine red and accessorize with spring or winter attire depending on what ol' Phil the Groundhog has to report bright and early that morning. Check out this fun website: www.groundhog.org

2/8: "Natural Grocers" - Rosalie Glenn, nutritional health coach, will present at our YMCA either from 11:10-11:40 or 12:10-12:40 on "Healthy Chocolate!"

2/9: 11:00 "Cards with Crump" - Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

2/14: 12:00The Y Chapter of the Red Hatters would like to invite any woman to their "Queen of Hearts" card game party at 12:00. Light lunch provided.

***** 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.

February 1, 8, 15, 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.

2/16 8:00 am "Breakfast Club" : The Breakfast Club will meet at South West Grill 1000 W. HWY 50

2/26 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.

2/22, 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 "The Award" by Danielle Steel. Capturing historical events, on New Year's Day in contemporary Paris, a Frenchwoman combs through pages of Le Figaro to find the name of her 95 year old grandmother, Gaelle de Barbet, who is finally listed as a recipient of the Legion d'Honneur. Until then , Gaelle had gone unrecognized for her heroic efforts in occupied France.

"Red-Out Bingo" Breathe new life into those New Year's resolutions with a fun game of challenge that involves 11 visits to the Y in the month of February to receive a free t-shirt. Don't delay, pick up a Bingo card from Cheri today and earn your first square! Completed cards must be returned to Cheri by 3/1

Annual Campaign Volunteer informational meetings 2/6 5pm, 2/7 noon, 2/9 noon, 2/12 7:30 am, attend just one and learn how you can support the Y's cause of ensuring youth development, healthy living, and social responsibility for all!

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**

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.