





July 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	4 YMCA Closed 	5 9-10 Journal Club Topic: The Day After	6 12:00 Lunch Bunch Meeting at Golden Corral Must Pay Your Own Way! 	7
8	9 9:00 am Date to Motivate 1:00 Paint with Pals At Bonaventure	10 Parkinson Support Group 11:15-12:15 Board Room	11	12 9-10 Journal Club Topic: Paper Bags 11:10 Natural Grocers Presentation Board Room	13	14
15	16 9:00am Date to Motivate 1:00 Paint with Pals At Bonaventure	17	18 Stroke Survivor Support Group 1-3 Board Room	19 9-10 Journal Club Topic: National Daiquiri Day	20 8:00 am Breakfast Club at I-Hop South	21
22	23 9:00 am Date to Motivate 1:00 Paint with Pals At Bonaventure	24	25	26 9-10 Book Club Board Room	27	28
29	30 9:00 am Date to Motivate 1:00 Paint with Pals At Bonaventure	31				See Program Details on Reverse Side

July 2018 Schedule of Events

Special Events:

7/6: 12:00 Lunch Bunch at the Golden Corral : Until we get our community room back pot luck is replaced with "lunch bunch" meaning we have seating reserved together for 40 and after that people will have to find an available table. You are looking at having to pay at least \$10.00 for the buffet, more if you order a drink and there will also be 15% gratuity added to your bill. July 6th happens to be National Fried Chicken Day. I'm sure there will be that and plenty more. Come join us!

7/12: 11:10-11:40 "Natural Grocers" – Rosalie Glenn, nutritional health coach, will present at our YMCA , " Feed Your Brain." Come find out how good nutrition can improve brain health at any age.

* It is "Berry " important for you to keep up your summer workouts! Pick up a "July 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. CANCELLED Mon. 7/16

July 5, 12, 19 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.

7/20 8:00 am "Breakfast Club" : The Breakfast Club will meet at I-Hop South 2015 S. Pueblo Blv. 564-4600.

7/30 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.

7/26, 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 "Peony in Love" by Lisa See. In the seventeenth-century China, three women become emotionally involved with The Peony Pavilion, a famed opera rumored to cause lovesickness and even death, including Peony, the cloistered daughter of a wealthy scholar, who succumbs to its spell only to return after her death as a "hungry ghost" to haunt her former fiancé, who has married another.

* New Chair Yoga class with Cindy Monday mornings from 9:00-10:00am. Unlike SilverSneaker yoga that combines both standing and seated poses, this gentle chair yoga class will demonstrate the basic body mechanics of yoga postures modified MOSTLY to the chair. In addition to a great stretch participants will enjoy stress reduction, an improved sense of well being and practice healthier breathing habits. Great for beginners to yoga or exercise in general!

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.