






June 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>12:00 "Some Like it Hot" Pot Luck on the Patio!</p>	2
3	<p>4 9:00 am Date to Motivate 1:00 Paint with Pals At Bonaventure</p>	5	6	<p>7 9-10 Journal Club Topic: Cotton Candy 11:10 Natural Grocers Presentation Board Room</p>	8	9
10	<p>11 9:00am Date to Motivate 1:00 Paint with Pals At Bonaventure</p>	<p>12 Parkinson Support Group 11:15-12:15 Board Room</p>	13	<p>14 9-10 Journal Club Topic: Flag Day</p> 	<p>15 8:00 am Breakfast Club at Southwest Grill</p>	16
17	<p>18 9:00 am Date to Motivate 1:00 Paint with Pals At Bonaventure</p>	19	<p>20 Stroke Survivor Support Group 1-3 Board Room</p>	<p>21 9-10 Journal Club Topic: Summer Begins</p>	22	23
24	<p>25 9:00 am Date to Motivate 1:00 Paint with Pals At Bonaventure</p>	26	27	<p>28 9-10 Book Club Board Room</p> 	29	<p>30</p> <hr/> <p>See Program Details on Reverse Side</p>

June 2018 Schedule of Events

Special Events:

6/1: It's the "Some Like It Hot I Do Barbeque" 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. Due to some facility renovations this month's lunch will be outside on the Y's party patio and we have a lot to celebrate. Monthly birthdays are always part of the day and Cheri always thinks it is fun to get everyone who is named Marilyn to the Y on June 1st on what would have been Marilyn Monroe's 92nd birthday. Living celebrations include a lemonade toast to instructor, Janique Rizer, on her recent engagement. The format for the food line will be completely different meaning no format. Grilled hot dogs (no burgers) will be provided and everyone who attends is expected to bring something to share or we will run out of food. It is a traditional barbeque set up meaning when you get there grab a plate, serve yourself a sampling of what is out at the time and as more people and food arrive you can help yourself to more. I would even go as far as to suggest packing yourself a sampling of your own dish before you put the rest out. Some tables and chairs will be set up but if you have to sit down you might want to bring a chair too. This is very informal and we will try it out for a month to see if it is a workable arrangement until the community rooms are available again. Wear your hats and sunscreen!
6/7: 11:10-11:40 "Natural Grocers" - Rosalie Glenn, nutritional health coach, will present at our YMCA, "Benefits of Fermented Food and how to Make Them"
*** 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. 6/11 & 6/25

June 7, 14, 21, 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.

6/15 8:00 am "Breakfast Club" : The Breakfast Club will meet at the Southwest Grill. 1000 W. HWY 50

6/25 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.

6/28, 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 "Into the Water" by Paula Hawkins (wrote The Girl on the Train) A single mother turns up dead at the bottom of the river that runs through town. Earlier in the summer, a vulnerable teenage girl met the same fate. They are not the first women lost to these dark waters, but their deaths disturb the river and its history, dredging up secrets long submerged. Left behind is a lonely 15 year old girl. Parentless and friendless, she now finds herself in the care of her mother's sister, a fearful stranger who has been dragged back to the place she deliberately ran from, a place to which she vowed she would never return.

* 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 2:15-4:30

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.