





March 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 9-10 Journal Club Topic: Favorite Domestic Animal Room A	 2 12:00 "Go Fish" Pot Luck Party Room B & C 	3
4	5 9:00 am Date to Motivate 1:00 Paint with Pals Room C	6	7	8 9-10 Journal Club Topic: Favorite Fantasy Animal Natural Grocers Presentation	9 11-12 Greeting Card Making Room A	10
11	12 9:00am Date to Motivate 1:00 Paint with Pals Room C	13 Parkinson Support Group 11:15-12:15 Room C	14	15 9-10 Journal Club Topic: Favorite Wild Animal Room A	16 8:00 am I-Hop South Side	17
18	19 9:00 am Date to Motivate 1:00 Paint with Pals Room C	20	21 Stroke Survivor Support Group 1-3 Room B	22 9-10 Journal Club Topic: Favorite Extinct Animal Room A	23	24
25	26 9:00 am Date to Motivate 11:00 Scrabble Club 1:00 Paint with Pals	27	28	29 9-10 Book Club Room A	30	31 <hr/> See Program Details on Reverse Side

March 2018 Schedule of Events

Special Events:

3/2: "Go Fish" 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. While "fishing" for themes this month it occurred to me that not only is March 2nd Dr. Seuss's birthday who wrote "One Fish, Two Fish, Red Fish, Blue Fish", but it is all Pisces's born Feb. 19-March 20 time to shine. Let's also keep in mind that for many it is the season of Lent meaning bring on your fabulous fish Friday and other non-meat meals. Finally, I understand that fishing season is around the corner so wear your favorite fishing cap, vest, "lucky green shirt", ect. and bring pictures and stories of your favorite catch to share!

3/8: "Natural Grocers" - Rosalie Glenn, nutritional health coach, will present at our YMCA either from 11:10-11:40 or 12:10-12:40 on "Immune Support 101."

3/9: 11:00 "Cards with Crump" - Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies 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.

March 1, 8, 15, 22 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.

3/16 8:00 am "Breakfast Club" : The Breakfast Club will meet at I-Hop South 2015 S. Pueblo Blvd. 564-4600.

3/26 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.

3/29, 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 "Small Great Things" by Jodi Picoult. Ruth Jefferson, a black woman with a teenage son, has been a delivery nurse for more than 20 years when white supremacists Turk and Brittany Bauer come to her for delivery of their first child, a boy named Davis. Turk demands that Ruth have no interaction with the baby. The ward is short handed and Ruth finds herself alone with Davis just as he stops breathing. In that moment Ruth has to make a choice.



Stronger Together: Our annual Y community campaign is in full swing. You should have received a letter in the mail late February that described in detail how we use these charitable funds to serve our community. The flyer promoted three opportunities to make a contribution either by simply donating what you are comfortable with, or donating a set amount of \$50.00 that includes a ticket to our "Senior Circus" special event in April, or on the back side if the flyer is information on planned giving through heritage endowment.

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

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.