




# May 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 9-10 Journal Club Topic: Formal Wear Room A	4 12:00 "May the 4th Be With You" Room B & C 	5
6	7 9:00 am Date to Motivate 1:00 Paint with Pals Room C	8 Parkinson Support Group 11:15-12:15	9	10 9-10 Journal Club Topic: Music 11:10 Natural Grocers Presentation	11 11-12 Greeting Card Making Room A	12
13	14 9:00am Date to Motivate 1:00 Paint with Pals Room C	15	16 Stroke Survivor Support Group 1-3	17 9-10 Journal Club Topic: Poetry Corner Room A	18 8:00 am Breakfast Club meeting at the Golden Corral	19
20	21 9:00 am Date to Motivate  1:00 Paint with Pals Room C	22	23	24 9-10 Journal Club Topic: A Western Story Room A	25 9:00 Y bus leaves for Camp Jackson, back by 2:00 \$10.00 per person due to front desk, covers lunch!	26
27 YMCA closed For Memorial Day	28 YMCA closed For Memorial Day	29	30	31 9-10 Book Club Room A		See Program Details on Reverse Side

## May 2018 Schedule of Events

### Special Events:

**5/4: "May the 4th Be With You" 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. Ok all you Star Wars fans out there, I have been waiting for years for pot luck to fall on the 4th of May. Wear what you want and be ready for an "out of this world" fun time!

**5/10: 11:10-11:40 "Natural Grocers"** - Rosalie Glenn, nutritional health coach, will present at our YMCA, "Bon Appétit, Let's Eat Beets!"

**5/11: 11:00 "Cards with Crump"** - Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

**5/25: 9:00 am-2:00 pm "Camp Jackson" lunch and hike:** The Y school bus leaves here at 9:00 and returns by 2:00. \$10.00 registration due to front desk. Limit 42.

\*\*\* 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.

### May 3, 10, 17, 24 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.

**5/18 8:00 am "Breakfast Club"** : The Breakfast Club will meet at the Golden Corral. 3400 N. Elizabeth. 545-3384. Expect current buffet price plus 15% gratuity.

### 5/21 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.

### 5/31, 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 "Camino Island" by John Grisham. A gang of thieves stage a daring heist from a secure vault deep below Princeton University's Firestone Library. Their loot is priceless, but Princeton has insured it for twenty-five million dollars. Bruce Cable owns a popular bookstore in the sleepy resort town of Santa Rosa on Camino Island in Florida. He makes his real money as a prominent dealer in rare books. Very few people know that he occasionally dabbles in the black market of stolen books and manuscripts. Mercer Mann is a young novelist with a severe case of writer's block who has recently been laid off from her teaching position. She is approached by an elegant, mysterious woman working for an even more mysterious company. A generous offer of money convinces Mercer to go undercover to infiltrate Bruce Cable's circle of literary friends, ideally getting close enough to him to learn his secrets. Eventually Mercer learns far too much, and there is trouble in paradise as only John Grisham can deliver it.



## 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.