


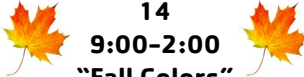






September 2018 A.O.A. Activity Calendar of Events

Contact: Cheri Ward (719)543-5151 ext.322

3200 E. Spaulding Ave. Pueblo, CO 81008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 YMCA Closed	3 YMCA Closed Labor Day	4	5	6 9-10 Journal Club Topic: Top Books 11:10 Natural Grocers Mediterranean Diet	7 12:00 "The Back to School Harry Potter Pot Luck Party!" 	8
9	10 9:00am Date to Motivate 1:00 Paint with Pals Room C	11 Parkinson Support Group 11:15-12:15	12 9:00-2:00 Senior Safari At the Zoo! 	13 9-10 Journal Club Topic: Top T.V Shows 	14 9:00-2:00 "Fall Colors" At Camp Jackson \$10.00 per person Details on back. 	15
16	17 9:00 am Date to Motivate 1:00 Paint with Pals Room C	18	19 Stroke Survivor Support Group 1-3	20 9-10 Journal Club Topic: Favorite Banded Book	21 8:00 am Breakfast Club at South West Grill 	22
23 ----- 30	24 9:00 am-D.T.M 11:00 Scrabble 1:00 Paint with Pals Room A	25	26	27 9-10 Book Club 	28	29 ----- See Program Details on Reverse Side

September 2018 Schedule of Events

Special Events:

9/6-11:10-11:45 Natural Grocers- Rosalie Glenn, nutritional health coach, will present at our Y, "Understanding & Implementing Mediterranean Diet."

9/7: - 12:00 "Back to School and Back to Our Community Rooms Harry Potter's Pot Luck Party!": Join our Y family the first Friday of every month at noon. If you identify with the brave, courageous, and adventurous Gryffindors wear red and gold. If you are a wise, intelligent, creative and clever Ravenclaw wear blue and gold. If you are a hardworking, dedicated, fair, patient and loyal Hufflepuff wear yellow and black. If you are ambitious, achievement oriented and among the Slytherin strong leaders wear green and silver. Harry Potter t-shirts, capes, wands, anything goes just be sure to bring a covered dish, salad, or dessert to share!

9/14-9:00-2:00 Fall Colors Camp Jackson Trip : Enjoy homemade rolls and soup for lunch. Participants can join in on staff lead hikes, walk the grounds on their own, or simply enjoy books and games on the fancy log cabin porch. \$10.00 registration due to the front desk to reserve spot.

***** 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.

Sep. 6, 13, 20 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 .

9/21 8:00 am "Breakfast Club" : The Breakfast Club will meet at Southwest Grill, 1000 W. HWY 50 , 544-3324.

9/24 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.

9/27, 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 "Memory Keeper's Daughter" by Kim Edwards. In a tale spanning twenty-five years, a doctor delivers his newborn twin daughter during a snowstorm and rashly deciding to protect his wife from the baby's affliction with Down syndrome, turns her over to a nurse who secretly raises the child.



Pickleball

The great and popular game of Pickleball is a racquet sport which combines elements of badminton and tennis.



Monday 9:30 am -12:30 pm
Wednesday 2:15-4:30 pm
Thursday 2:15-4:30
Friday 9:30 am-12:30 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.