



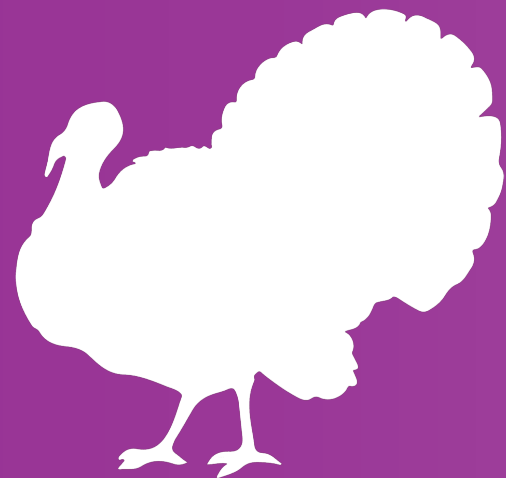
ACTIVE OLDER ADULTS

ACTIVITIES CALENDAR

MON	TUES	WED	THUR	FRI	GroupEx
<p>Nov 11 Flag Ceremony 10am</p> <p>Next to our front lawn flag pole. Sponsored by Pueblo Veterans</p>	<p>Y-Tour Tuesdays 9am-9:45am</p>	<p>Journal Club 9am-10am Weekly in the Community Rooms</p> <p>Meet us for Mahjong! 12pm-3pm</p> <p>Creative Corner 11am-3pm Weekly in the Community Rooms</p> <p>Table Tennis 5pm-7pm Weekly in the Community Rooms</p>	<p>Nov 7 Book Club 9am-10am Book Discussion: "The Henna Artist" by Alka Joshi</p>	<p>Table Tennis 5pm-7pm Weekly in the Community Rooms</p> <p>Nov 1 Educational Seminar 12pm-1pm Topic: "Mt. Carmel's Mission to Serving Veterans" Presented by Sal Katz Jr, Director of Rural Colorado Services</p> <p>Nov 8 Potluck 12pm-1pm Theme: "Celebrating Veterans" Wear Red, White, and Blue!</p>	<p>SilverSneakers Classic Monday & Tuesday Mon: 9am-10am & 10am-11am Tues: 10am-11am Gymnasium</p> <p>Chair Yoga Tuesday & Friday Tue: 12pm-1pm Fri: 11am-12pm Exercise Studio</p> <p>Balance & Motion Wednesdays: 11am-12pm Exercise Studio</p> <p>Silver Soul Wednesdays: 10am-11am Gymnasium</p> <p>Zumba Gold Thursdays: 10am-11am Gymnasium</p> <p>Water Fitness Mon/Wed: 6pm-7pm Tues & Thur: 8:00am & 9:00am Fridays: 8:00am-9:00am Main Pool</p> <p>Aqua Tone Wednesdays: 11am-11:45am Therapy Pool</p> <p>Aqua Zumba Wednesdays: 6pm-7pm Therapy Pool</p>

Visit puebloymca.org/aoa and click on the "Social Events" to learn more about all AOA social programs or contact Cheri Ward at 719-543-5151 x 322 or email cward@puebloymca.org

Please note: GroupEx classes are only for YMCA members. All other events are FREE to the public.



NOV
2024