



# April 2019

## 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	4 9-10 Journal Club Topic: Birth	5 12:00 "Spring Potting Pot Luck Party" 	6
7	8 9:00am Y-Tour Time  1:00 Paint with Pals Room C	9 Parkinson Support Group 11:15-12:15 Room C	10	11 9-10 Journal Club Topic: Discovery	12 11-12 Greeting Card Making  	13
14	15 9:00am Y-Tour Time  1:00 Paint with Pals Room C	16	17 Stroke Survivor Support Group 1-3 Room C	18 9-10 Journal Club Topic: Outlaw Friend 11:00-12:00 Natural Grocers Presentation	19 Breakfast Club 8:00 Village Inn North  	20
21	22 9:00 am Y-Tour Time  1:00 Paint with Pals Room C	23	24	25 9-10 Book Club  	26	27
28	29 9:00 am Y-Tour Time 11:00 Board Game Day 1:00 paint with Pals	30			29	30 <hr/> <b>See Program Details on Reverse Side</b>

## April 2019 Schedule of Events

**It's Annual Campaign season! Small donations = big impact!!**

### Special Events:

**4/5: - 12:00-1:00 "Spring Potting Pot Luck Party":** In honor of National Garden Month and actual "Dandelion Day" on 4/5 let's celebrate Spring with a yummy pot luck. Please bring covered dishes, salads, and limited desserts. Dress for Spring no matter what Colorado weather brings!

**4/12: 11:00-12:00 "Cards with Crump":** Y member, Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

**4/18: 11:10-12:00 Natural Grocers Presentation:** Rosalie Glenn, nutritional health coach, will present "Snacking Can Be Good 4 U!"

\*Member, Craig Ketels is interested in getting a informal group of interested basketball players to play hoops, mornings before 9:00 am . If interested e-mail Craig at cketels@hotmail.com

### April 4, 11, 18 - 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:

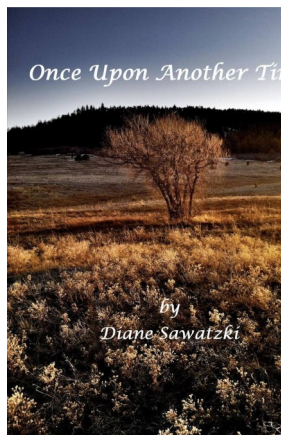
Bring your own projects and supplies and share techniques and conversation with fellow painters .

**4/19 8:00 am "Breakfast Club":** All are welcome to meet at Village Inn North, to buy your own breakfast and enjoy company with friends. 4719 N. Elizabeth 253-0450.

**4/29 11:00 Brown Bag Lunch & Board Games :** Pack your lunch and come enjoy a game day with friends.

### 4/25, 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 "Once Upon Another Time" by Diane Sawatzki. While Kate Mackenzie is out snowshoeing in Colorado, she builds a fire in a cave and rests while a storm rages outside. When a bear startles her, she backs away and falls down a passage into another time. Kate must struggle to survive in the dangerous world of territorial Colorado while she tries to return to the 21st century. Potentially free on Kindle!



## 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 1-2 beginner lessons ; 2:15-4:30  
Friday 9:30 am-12:30 pm

For rules and more information, go to [Usapa.org](http://Usapa.org).



Ladies,  
Interested in becoming a member of the Red Hat Society? Contact Becky Kurlmel @ 402-594-7019.