








February 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 12:00 "Chinese New Year & Valentine Pot Luck Party" 	2
3	4 9:00am Date to Motivate 1:00 Paint with Pals Room C	5	6	7 9-10 Journal Club Topic: A Favorite Chinese Story	8 11-12 Greeting Card Making 	9
10	11 9:00am Date to Motivate 1:00 Paint with Pals Room C	12 Parkinson Support Group 11:15-12:15 Room C	13	14 9-10 Journal Club Topic: A Valentine Story 11:10 Natural Grocers "Sweet Sensations"	15 Breakfast Club 8:00 South West Grill 	16
17	18 9:00 am Date to Motivate 1:00 Paint with Pals Room C	19	20 Stroke Survivor Support Group 1-3 Room C	21 9-10 Journal Club Topic: Love a Relative	22	23
24	25 9:00 am Date to Motivate 11:00 Board Game Day 1:00 paint with Pals	26	27	28 9-10 Book Club 		<hr/> See Program Details on Reverse Side

February 2019 Schedule of Events

Special Events:

2/1: - 12:00-1:00 "Chinese New Year / Valentine Party" : According to the Chinese Zodiac 2019 is the "Year of the Boar" but this party will be far from boring! Wear red or pink and bring food to share as we continue to celebrate the New Year with great friends!

2/8: 11:00-12:00 "Cards with Crump": Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

2/21: 11:10-12:00 Natural Grocers Presentation: Rosalie Glenn, nutritional health coach, will present "Sweet Sensations" This class will explain the science behind romance, features essential oils, and the best part CHOCOLATE!

"Date to Motivate": Mondays are always a great day to motivate yourself and others at the Y. New and previous members alike can come at 9:00 am for information on all our programs. Bring your non-member friends that could be interested in membership. Tours of the facility included.

Feb. 7,14,21 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:

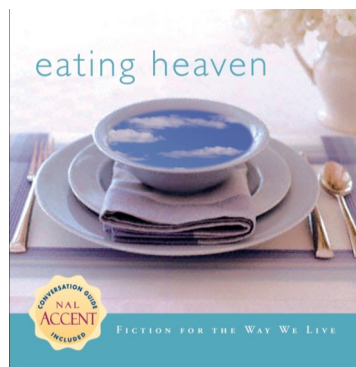
Bring your own projects and supplies and share techniques and conversation with fellow painters .

2/25 11:00 Brown Bag Lunch & Board Games : Pack your lunch and come enjoy a game day with friends.

2/15 8:00 am "Breakfast Club": All are welcome to meet at South West Grill 1000 W. HWY 50 to buy your own breakfast and enjoy company with friends.

2/28, 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 "Eating Heaven" by Jennie Shortridge. Eleanor Samuels, a large and lonely food magazine writer, has some big-time food "issues" of her own. Faced with her favorite uncle's terminal illness, Eleanor becomes his primary caretaker, feeding him all his favorite foods one last time. As she cooks and cleans and tends to Uncle Benny's increasing needs, she discovers long-buried secrets about her emotionally frayed family that tear her world apart. Through cooking, nurturing, and a delicious flirtation with a new chef in town, Eleanor comes to terms with eating and love, family forgiveness, and becoming comfortable in her own skin.



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.



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