







# January 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
		<p>1 YMCA Closed Happy New Year!</p> 	2	<p>3 9-10 Journal Club Topic: If You Could Visit a New Country, Where Would You Go?</p>	<p>4 12:00 "Pasta Pot Luck Party" It's National Spaghetti Day</p> 	5
6	<p>7 9:00am Date to Motivate 1:00 Paint with Pals Room C</p>	<p>8 Parkinson Support Group 11:15-12:15 Room C</p>	9	<p>10 9-10 Journal Club Topic: A Snow Story</p> 	<p>11 11-12 Greeting Card Making</p> 	12
13	<p>14 9:00am Date to Motivate 1:00 Paint with Pals Room C</p>	15	<p>16 Stroke Survivor Support Group 1-3 Room C</p>	<p>17 9-10 Journal Club Topic: Favorite Trash 11:10 Natural Grocers "Fueling For Fitness"</p>	<p>18 Breakfast Club 8:00 Village Inn South</p> 	19
20	<p>21 9:00 am Date to Motivate 1:00 Paint with Pals Room C</p>	<p>22 "3 Things the Body Lose with Age and How Yoga Can Get Them Back" by: Cindy Willis 11-12 Room A</p>	23	<p>24 9-10 Journal Club Topic: A Bird Story</p> 	25	26
27	<p>28 9:00 am Date to Motivate 11:00 Games and Goodies 1:00 paint with Pals</p>	29	30	<p>31 9-10 Book Club</p> 	<p>See Program Details on Reverse Side</p>	

## January 2019 Schedule of Events

### Special Events:

1/4: - 12:00-1:00 "Pasta Pot Luck Party" : Did you know January 4th is National Spaghetti Day? Let's celebrate New Years in our own "little Italy!"

1/17: 11:10-12:00 Natural Grocers Presentation: Rosalie Glenn, nutritional health coach, will present "Fueling For Fitness" This class will give you the tools you need to help you get to the top of your game. Learn how to support your body's energy level and improve your fitness and recovery time.

1/11: 11:00-12:00 "Cards with Crump": Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

1/22: 11:10-12:00 Our own Cindy Willis presents: " 3 Things the Body Lose with Age-and How Yoga Can Get Them Back.

"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.

### Jan 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:

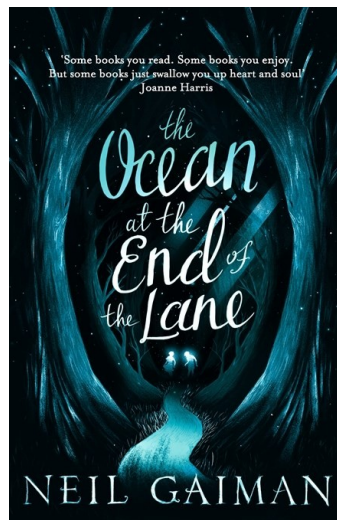
Bring your own projects and supplies and share techniques and conversation with fellow painters .

1/28 11:00 Games and Goodies : Come share your favorite board game, card game and snacks for some holiday fun with friends.

1/178:00 am "Breakfast Club": All are welcome to meet at Village Inn South, 1707 S. Pueblo Blvd.

### 1/31, 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 "The Ocean at the End of the Lane" by Neil Gaiman. A man returns to the site of his childhood home where years before he knew a girl named Lettie Hempstock who showed him the most marvelous, dangerous, and most outrageous thing, but when he gets there he learns that nothing is as he remembered.



## 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.