



January 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
YMCA Closed	1 YMCA Closed Happy New Year!	2	3	4 9-10 Journal Club Topic: Getting Lost	5 12:00 "For the Love of Birds" Pot Luck Party Room B & C 	6
7	8 9:00 am Date to Motivate 1:00 Paint with Pals Room C	9 Parkinson Support Group 11:15-12:15 Room C	10	11 9-10 Journal Club Topic: Getting Found Room A	12 11-12 Greeting Card Making Room A	13
14	15 9:00am Date to Motivate 1:00 Paint with Pals Room C	16	17 Stroke Survivor Support Group 1-3 Room B	18 9-10 Journal Club Topic: Winter Wonderland Natural Grocers "Quick Class" See back for times	19 8:00 am Breakfast Club Village Inn South	20
21	22 9:00 am Date to Motivate 1:00 Paint with Pals Room C	23	24	25 9-10 Book Club Room A	26	27
28	29 9:00 am Date to Motivate 11:00 Scrabble Club 1:00 Paint with Pals	30	31			<hr/> See Program Details on Reverse Side

January 2018 Schedule of Events

Special Events:

1/5: "For the Love of Birds" Pot Luck Party at 12:00 noon: Friends flock together! Join our Y family for a pot luck the first Friday of every month at noon. Please bring your yummy covered dishes, salads, and limited desserts. Community members welcome. January 5th is National Bird Day. Wear bright colors, bird shirts, and or a feather or two to pay tribute to these beautiful creatures.

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

1/18: "Natural Grocers" presents NEW "30 minute QUICK classes: Rosalie Glenn, nutritional health coach, will present at our YMCA either from 11:15-11:45 or 12:15-12:45 on "Cravings, Weight Gain, & the Blood Sugar Rollercoaster." Let's get a healthy start to those New Year's Resolutions!

*** 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.

January 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.

1/19 8:00 am "Breakfast Club" : The Breakfast Club will meet at Village Inn South 1707 S. Pueblo Blvd. 561-1228.

1/29 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.

1/25, 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 "Their Eyes Were Watching God" by Zora Neale Hurston. Janie Crawford, a southern black woman in the 1930s, journeys from being a free-spirited girl to a woman of independence and substance. When she returns to her rural Florida home, her small black community is overwhelmed with curiosity about her relationship with a younger man.

Volunteer Opportunity: Our neighbor, Bonaventure, is seeking volunteers who would like to spend time being a friendly face and positive influence with their memory care clients whenever you have some time to share during the hours of 8:00 am—8:00 pm seven days a week. Reading, crafting, and simply visiting are all examples to bring joy to someone's day. The first point of contact is to call Cheri Ward at the YMCA to set up a short volunteer application process including a back ground check. 543-5151 ex. 322

Pickleball

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



Monday/Friday:
Open Play 9:30-12:30

Wednesday/Thursday:
Open Play 2:15-4:30 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.