








June 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	<p>3 9:00am Date to Motivate</p> <p>1:00 Paint with Pals Room C</p>	4	5	<p>6 9-10 Journal Club Topic: Aquariums</p> 	<p>7 12:00 "Women's World Cup Soccer Kick-Off" International Pot Luck Party</p> 	8
9	<p>10 9:00am Date to Motivate</p> <p>1:00 Paint with Pals Room C</p>	<p>11 Parkinson Support Group 11:15-12:15 Room C</p>	12	<p>13 9-10 Journal Club Topic: Rollercoasters</p> 	<p>14 GPK Day! GrandParents & Kids Day at the Y 12-2PM</p>	15
<p>16 Father's Day</p>	<p>17 9:00 am Date to Motivate</p> <p>1:00 Paint with Pals Room C</p>	18	<p>19 Stroke Survivor Support Group 1-3 Room C</p>	<p>20 9-10 Journal Club Topic: What is the "Magna Carta" In your Life?</p>	<p>21 Breakfast Club 8:00 Village Inn South</p> 	22
23	<p>24 9:00 am Date to Motivate</p> <p>1:00 Paint with Pals Room C</p>	25	26	<p>27 9-10 Book Club</p> 	28	29
30						<p>See Program Details on Reverse Side</p>

June 2019 Schedule of Events

Special Events:

6/7: - 12:00-1:00 "Women's World Cup Soccer Kick-Off": Today is literally the day the Women's World Cup starts. Whether you are a soccer fan or not lets have some delicious fun with an international pot luck theme. Feel free to label your dishes including American, Italian, Mexican, German and French are the easy ones. For all you creative cooks out there challenge yourself to research the 24 teams competing . Dress athletic and bring a dish and limited desserts to share!

6/14: - 12:00-2PM GRAND PARENTS & KIDS DAY!

We're celebrating all you awesome Grandparents out there who impact the kiddos in our community. Visit us on GPK Day for a fun afternoon at the Y and learn how we can work together for good!

June 6, 13, 20- 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 .

6/21 8:00 am "Breakfast Club": All are welcome to meet at Village Inn South and B.Y. B (buy your own breakfast)

"Date to Motivate" Mondays 9:00 am: - New and previous members alike can come any Monday morning for senior membership information and a tour from Cheri Ward, Membership Specialist for Active Older Adults. It is a perfect time to bring non-member friends to introduce them to the Y too!

6/27, 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 Picture of Dorian Gray" by Oscar Wilde. Dorian Gray, a handsome and narcissistic young man lives thoughtlessly for his own pleasure, an attitude encouraged by the company he keeps. After having his portrait painted, he makes a frivolous Faustian wish that he should always remain as young and beautiful as he is in the portrait while the portrait grows old instead. The wish comes true and Dorian soon finds that none of his wicked actions have visible consequences. Realizing that he will appear fresh and unspoiled no matter what kind of life he lives, he becomes increasingly corrupt. Only the portrait grows degenerate and ugly, a powerful symbol of Dorian's internal ruin. This tale of life without limits scandalized its late Victorian audience and has haunted readers imaginations for more than a 100 years.



Pickleball

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



Thursdays- 2:30-4:30
Fridays - 9:30 am-11:30 am

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.