










March 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 12:00 "Fat Friday, March Mardi Gras" Pot Luck Party</p> 	2
3	<p>4 9:00am Date to Motivate</p> <p>1:00 Paint with Pals Room C</p>	5	6	<p>7 9-10 Journal Club Topic: Name Tag Day</p> 	<p>8 11-12 Greeting Card Making</p> 	9
10	<p>11 9:00am Date to Motivate 11:00 "Pure Trim" talk 1:00 Paint with Pals Room C</p>	<p>12 Parkinson Support Group 11:15-12:15 Room C</p>	13	<p>14 9-10 Journal Club Topic: Something Irish</p> 	<p>15 Breakfast Club 8:00 I-Hop North</p> 	16
<p>17 Happy St. Patrick's Day</p> 	<p>18 9:00 am Date to Motivate</p> <p>1:00 Paint with Pals Room C</p>	19	<p>20 Stroke Survivor Support Group 1-3 Room C</p>	<p>21 9-10 Journal Club Topic: Favorite Fragrance 11:10 Natural Grocers Stress Fighting Food</p>	22	23
<p>24</p> <hr/> <p>31</p>	<p>25 9:00 am Date to Motivate 11:00 Board Game Day 1:00 paint with Pals</p>	26	27	<p>28 9-10 Book Club</p> 	29	<p>30</p> <hr/> <p>See Program Details on Reverse Side</p>

March 2019 Schedule of Events

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

Special Events:

3/1: - 12:00-1:00 "Fat Friday Mardi Gras Pot Luck Party": Come celebrate all March birthdays including our very own sweet Shelby from the front desk just turned a quarter of a century while yours truly slides to half of one! Limit desserts, I'm bringing cupcakes. Wear green, purple, beads, hats, glasses, wigs, anything goes!

3/8: 11:00-12:00 "Cards with Crump": Y member, Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

3/11: 11:00-12:00 "Pure Trim Presentation": Learn how to naturally reduce muscle and joint pain, lose weight, increase energy and feel good. Meet with Y member Linda French (994-9338) to learn about getting healthy. Free samples available.

3/21: 11:10-12:00 Natural Grocers Presentation: Rosalie Glenn, nutritional health coach, will present "Stress Fighting Foods, Eat to Beat Stress!"

*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

Mar. 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 .

3/15 8:00 am "Breakfast Club": All are welcome to meet at I-Hop North, 4701 N. Freeway ,to buy your own breakfast and enjoy company with friends.

3/25 11:00 Brown Bag Lunch & Board Games : Pack your lunch and come enjoy a game day with friends.

3/28, 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 "Tender is the Night" by F. Scott Fitzgerald. On the rosy sands of the French Riviera, a radiant young American film star, Rosemary Holt, falls in love with a handsome doctor of psychiatry but as the dazzle of their adulteress affair casts long shadows over their lives. Dr. Dives fragile relationship with his wealthy but unstable wife disintegrates as his career and reputation dissolve in rounds of cocktails.



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.