








May 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 9-10 Journal Club Topic: Brothers & Sisters	3 12:00 "Kentucky Derby Pre-Party" Pot Luck 	4
5	6 9:00am Date to Motivate 1:00 Paint with Pals Room C	7	8	9 9-10 Journal Club Topic: Maternal Mentor	10 11-12 Greeting Card Making 	11
12 Happy Mother's Day!	13 9:00am Date to Motivate 1:00 Paint with Pals Room C	14 Parkinson Support Group 11:15-12:15 Room C	15 Stroke Survivor Support Group 1-3 Room C	16 9-10 Journal Club Topic: Love a Tree 11:00-12:00 Natural Grocers Presentation	17 Breakfast Club 8:00 SouthWest Grill  Camp Jackson! School bus leaves at 9:00 And is back by 2:00	18
19	20 9:00 am Date to Motivate 11:00 Mindfulness Seminar Room A 1:00 Paint with Pals	21	22	23 9-10 Journal Club Topic: Spring Has Sprung 	24	25
26 YMCA Closed Today and tomorrow	27 Memorial Day YMCA Closed	28	29	30 9-10 Book Club 	31	<hr/> See Program Details on Reverse Side

**Thank you for your Annual Campaign contributions!
It's not too late to donate! Campaign ends May 13th.**

May 2019 Schedule of Events

Special Events:

5/3: - 12:00-1:00 "Kentucky Derby Pre-Party Pot Luck": In honor of the next day's big race let's "horse around" and have some fun. Ladies, wear your fabulous flowered spring hats. Gentleman, you can just admire our fabulous fashion, and EVERYONE please bring covered dishes, salads, and limited desserts.

5/10: 11:00-12:00 "Cards with Crump": Y member, Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided. It is the last class before she breaks for summer so don't miss it!

5/16: 11:10-12:00 Natural Grocers Presentation: Rosalie Glenn, nutritional health coach, will present. Topic to be announced soon but they are ALWAYS great!

5/17: 9-2 Camp Jackson lunch and hike: Y school bus leaves here at 9:00 am and returns by 2:00 pm. \$10.00 per person registration due to front desk ASAP!

5/20: 11-12 "May Mindfulness" introduction seminar at Y: Dan Price conducts on going free evening classes at Rawlings Library so please pass on to your family and friends his contact information as we could all benefit from the practice of mindfulness to create happiness. For more info email : dtprice21@gmail.com

May 2, 9, 16, 23 - 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:

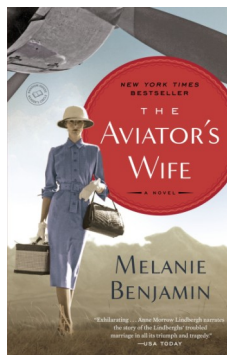
Bring your own projects and supplies and share techniques and conversation with fellow painters .

5/17 8:00 am "Breakfast Club": All are welcome to meet at South West Grill and B.Y. B (buy your own breakfast) 10000 W. HWY 50 544-3324.

"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!

5/30, 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 Aviator's Wife" by Melanie Benjamin. For much of her life, Anne Morrow, the shy daughter of the U.S ambassador to Mexico, has stood in the shadows of those around her, including her millionaire father and vibrant older sister, who often steals the spotlight. Then, Anne, a college senior with hidden aspirations, travels to Mexico City to spend Christmas with her family. There she meets Colonel Charles Lindbergh, fresh off the celebrated 1927 solo flight across the Atlantic. Enthralled by Charles's assurance and fame, Anne is certain the celebrated aviator has scarcely noticed her, but she is wrong.



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.