






# A.O.A. Activity Calendar of Events

## November 2018

Contact: Cheri Ward (719)543-5151 ext.322

3200 E. Spaulding Ave. Pueblo, CO 81008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 9-10 Journal Club Topic: All Saints Day</p>	<p>2 12:00 "Pumpkin Party" Pot Luck </p>	3
4	<p>5 9:00am Date to Motivate  1:00 Paint with Pals Room C</p>	6	7	<p>8 9-10 Journal Club Topic: Something Bold</p>	<p>9 Cripple Creek Bus leaves at 9 am, back by 5 pm \$15.00  11-12 Greeting Card Making</p>	10
11	<p>12 9:00am Date to Motivate  1:00 Paint with Pals Room C</p>	<p>13 Parkinson Support Group 11:15-12:15 Room B</p>	14	<p>15 9-10 Journal Club Topic: Gifts Received 11:10 Natural Grocers "Extraordinary Cranberry!"</p>	<p>16 Breakfast Club 8:00 Southwest Grill </p>	<p>17 Pickleball Tournament Fundraiser</p>
18	<p>19 9:00 am Date to Motivate  1:00 Paint with Pals Room C</p>	20	<p>21 Stroke Survivor Support Group 1-3</p>	<p>22 YMCA Turkey Trot 9 AM  Facility Closed For Thanksgiving</p>	23	24
25	<p>26 9:00 am-D.T.M 11:00 Scrabble -A 1:00 Paint with Pals Room C</p>	27	28	<p>29 9-10 Book Club </p>	30	<p>See Program Details on Reverse Side</p>

## November 2018 Schedule of Events

### Special Events:

11/2: - 12:00-1:00 "Pumpkin Party" Pot Luck : "Orang-ya" excited it is almost Thanksgiving? Come try out all your recipes out on your friends at pot luck and wear orange!

11/9: 11:00-12:00 "Cards with Crump": Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

11/9: 9:00-5:00 Fall Colors Cripple Creek Trip : The Y bus leaves at 9:00am, back by 5:00. \$15.00 due to front desk to reserve spot. Lunch not included, bring \$.

11/15: 11:10-12:00 Natural Grocers Presentation: Rosalie Glenn, nutritional health coach, will present "Extraordinary Cranberry" for a holiday treat!

"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.

### Nov. 1, 8, 15 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 .

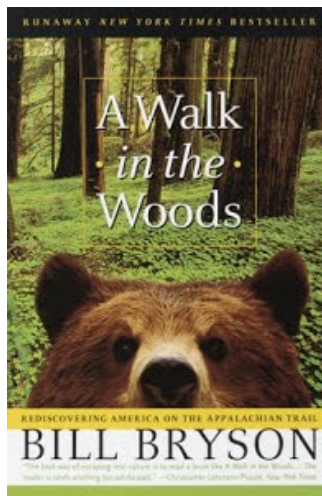
11/16 8:00 am "Breakfast Club" : The Breakfast Club will meet at Southwest Grill. 1000 W. HWY 50 544-3324

### 11/26 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.

### 11/29, 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 "A Walk in the Woods" by Bill Bryson. A 1998 autobiographical book by travel writer Bill Bryson describing his attempt to walk the Appalachian Trail with his friend Stephen Katz. The book is written in a humorous style, interspersed with more serious discussions of matters relating to the trail's history, and surrounding sociology, ecology, trees, plants, animals, and people.



## 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.