



October 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
	<p>1 9:00am Date to Motivate</p> <p>1:00 Paint with Pals Room C</p>	2	3	<p>4 9-10 Journal Club Topic: Favorite Pasta</p>	<p>5 "Pack the Pot Luck" 12:00</p> 	6
7	<p>8 9:00am Date to Motivate</p> <p>1:00 Paint with Pals Room C</p>	<p>9 Parkinson Support Group 11:15-12:15 Room B</p>	10	<p>11 9-10 Journal Club Topic: Coming Out</p>	<p>12 11-12 Greeting Card Making Room C</p> 	13
14	<p>15 9:00am Date to Motivate</p> <p>1:00 Paint with Pals Room C</p>	16	<p>17 Stroke Survivor Support Group 1-3 Room B</p>	<p>18 9-10 Journal Club Topic: Favorite Comic Strip 11:10 Natural Grocers Almond Flour Power!</p>	<p>19 #1 8:00 Breakfast Club #2 9:00-5:00 "Fall Colors" In Cripple Creek! \$15.00 per person Details on back.</p>	20
21	<p>22 9:00 am Date to Motivate 11-12 Healthy Brain-A</p> <p>1:00 Paint with Pals Room C</p>	23	<p>24 Stroke Survivor Support Group 1-3 Chili Cook-Off 5:30-6:30pm In the Lobby!</p>	<p>25 9-10 Book Club</p> 	26	27
28	<p>29 9:00 am-D.T.M 11:00 Scrabble -A 1:00 Paint with Pals Room C</p>	30	<p>31 Happy Halloween!</p> 			<p>See Program Details on Reverse Side</p>

October 2018 Schedule of Events

Special Events:

10/5: - 12:00 "Pack the Pot Luck "Pot Luck Party!": Wear Red and Blue to show support of our amazing CSU campus, and all it's students and programs. Tail -gate type foods add to the fun including testing out your chili on us for upcoming cook-off!

10/12: 11:00-12:00"Cards with Crump": Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

10/18: 11:10-12:00 Natural Grocers Presentation: Rosalie Glenn, nutritional health coach, will discuss the advantages of almond flour and how to use it.

10/19: 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 \$.

10/22: 11:00-12:00 The Alzheimer's Association is doing a presentation on "Healthy Living For Your Brain and Body." Non-members welcome, bring friends!

10/24: 5:30-6:30pm "Colleen's Chili Cook-Off!": Only 20 entries accepted, register \$10.00 now at front desk to show us what you got! All ages welcome!

Oct. 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 .

10/19 8:00 am "Breakfast Club" : The Breakfast Club will meet at Village Inn South, 1707 S. Pueblo Blvd. 561-1228.

10/29 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.

10/25, 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 "The Cold Dish" by Craig Johnson. Ok partners, I have always wanted our YMCA book club to participate in October's "All Pueblo Reads" at least once. That said let `s do it! This will require that everyone has to "do it" yourself and check out their own books from the Pueblo library. I asked if there were plenty in the system before I made this decision and they said there were so let's experiment with finding your own book like has been suggested with different titles before. There are a ton of fun things happening at the library this month all centered around this book's theme that you can read about in the library program guide including the description of the book. Some of you may even decide to sign up and go to the Booklovers Black-tie Ball on Friday, Oct. 26th! If not you can rest assure that our "pre-party" during book club on 10/25 at 9:00am will be fun. So, get your western gear ready for 10/25 and giddy up now to go check out your book immediately while supplies last!



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 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.