



AUGUST 2019 CLUBS

FREE FOR ALL YMCA MEMBERS!

Each and every day you come to the YMCA to build and maintain your physical health. Come join us for some fun and creative ways to build and maintain your cognitive and nutritional health!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|--|---|---|--------|----------|
| | | | | 1 CHEERS TO THE YEARS (Lobby) Noon | 2 | 3 |
| 4 | 5 | 6 | 7 NEW MEMBER ORIENTATION (Lobby) 9:30-10 a.m. | 8 MINDFULNESS CLUB (Boardroom) 10:30-11 a.m. | 9 | 10 |
| 11 | 12 | 13 GAME CLUB (Lobby) 10:30 a.m. NEW MEMBER ORIENTATION (Lobby) 5:30-6 p.m. | 14 | 15 BREAKFAST CLUB (Lobby) 10:30 a.m. | 16 | 17 |
| 18 | 19 | 20 | 21 NEW MEMBER ORIENTATION (Lobby) 9:30-10 a.m. | 22 | 23 | 24 |
| 25 | 26 | 27 LUNCH BUNCH (Boardroom) Noon-12:30 p.m. | 28 BINGO (Lobby) 9:30-10 a.m. | 29 | 30 | 31 |