



FEBRUARY 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-12:30 p.m.	2
3	4 BINGO (Lobby) 9:30-10 a.m.	5 GAME CLUB (Lobby) 9:30-10 a.m.	6 NEW MEMBER ORIENTATION (Lobby) 9:30-10 a.m.	7 WALK WITH A DOC (Board Room/Track) 9-10 a.m. GAME CLUB (Lobby) 10:30-11 a.m.	8	9
10	11 BINGO (Lobby) 9:30-10 a.m.	12 GAME CLUB (Lobby) 9:30-10 a.m.	13 MINDFULNESS CLUB (Fitness Studio) 9:30-10 a.m. TAI CHI CLUB (Fitness Studio) Noon-1 p.m.	14 GAME CLUB (Lobby) 9:30-10 a.m.	15	16
17	18 BINGO (Lobby) 9:30-10 a.m. HEALTHY HACKS (Board Room) Noon-1 p.m.	19 GAME CLUB (Lobby) 9:30-10 a.m. RESTAURANT CLUB (Grand Valley Inn) Noon-2 p.m.	20 NEW MEMBER ORIENTATION (Lobby) 9:30-10 a.m. SNACK AND SONGS (Board Room) 10:30-11 a.m.	21 GAME CLUB (Lobby) 9:30-10 a.m. LUNCH BUNCH Noon-12:30 p.m.	22	23
24	25 BINGO (Lobby) 9:30-10 a.m.	26 GAME CLUB (Lobby) 9:30-10 a.m.	27 MINDFULNESS CLUB (Board Room) 9:30-10 a.m.	28 GAME CLUB (Lobby) 9:30-10 a.m.		