



MAY 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 NEW MEMBER ORIENTATION (Lobby) 9:30-10 a.m. | 2 GAME CLUB (Lobby) 9 a.m. | 3 CHEERS TO THE YEARS (Lobby) Noon-12:30 p.m. | 4 |
| 5 | 6 | 7 | 8 TAI CHI CLUB (Fitness Studio) Noon-1 p.m. | 9 WALK WITH A DOC (Lobby) 9-10 a.m. | 10 | 11 |
| 12 | 13 | 14 GAME CLUB (Lobby) 5 p.m. | 15 NEW MEMBER ORIENTATION (Lobby) 9:30-10 a.m. | 16 BREAKFAST CLUB (Lobby) 9 a.m. | 17 | 18 |
| 19 | 20 HEALTHY LIFESTYLE CLUB (Board Room) Noon-1 p.m. | 21 HEALTHY LIFESTYLE'S RESTAURANT CLUB (Grand Valley Inn) Noon-2 p.m. | 22 BINGO (Lobby) 9:30-10 a.m. | 23 MINDFULNESS CLUB (Lobby) 10:30-11 a.m. | 24 | 25 |
| 26 | 27 CLOSED HAPPY MEMORIAL DAY! | 28 | 29 | 30 | 31 | |