

October 2018 Clubs

Free for all YMCA members!



Mon	Tues	Wed	Thu	Fri
			4 9:30-10am Walk with a Doctor	5 12:00- 12:30pm Cheers to the Years
8 5:00-5:30p Bingo		10 12:00-1pm Coffee, Shop and Walk (Registration is required!)	11 7:30-8am Breakfast Club	
15 12:00- 12:30pm Healthy Hacks	16 12:00- 12:30pm Restaurant Club			
22 12:00-1pm Silver Speaker (Registration is required!)		24 12:00- 12:30pm Bingo	25 12:00- 12:30pm Game Club	
29 12:00- 12:30pm Lunch Bunch				All Clubs will meet in the Board Room unless specified otherwise!

Clubs



Cheer to the Years: Come join us for a birthday club to celebrate. We will share cake, coffee, laughs and stories!

Walk with a Doctor: Come join us for a unique opportunity that allows for a chance to informally ask questions and discuss the topics with a medical professional that office visits often limit!

Game Club: Come join us for a game of cards, Scrabble, Chess, Checkers, Yahtzee, Dominos and more. Members will come together to choose the game and enjoy their time together!

Bingo: Come join us for a bingo club for fun competition, laughs and discussion!

Lunch Bunch: Come join us for a lunch club. Meet after class and enjoy the food and company!

Healthy Hacks: Come join us for “Creatively Healthy Living” cooking tips and tricks to help make the kitchen fun and healthy. Samples and tastes test will be shared by all!

Restaurant Club: Come join us for food and fellowship, while we try to stay on the healthy side! Look for the restaurant choice on Facebook and meet us there!

Breakfast Club: Come join us for breakfast over coffee or tea and enjoy the fellowship!

Coffee, Shop and Walk: Come join us for an afternoon of conversation, laughs and retail therapy at local participating vendors and receive a discount on merchandise!