

August 2018 **Clubs and Socials** Free for all YMCA members!



Mon	Tues	Wed	Thu	Fri
2 12:00pm Nutrition 101		4 9:30 Orientation	5 9:30 Walk with a Doctor	6 12:00pm Cheers to the Years
9 12:00pm Silver Strollers		11		
16 12:00pm Healthy Hacks		18 9:30 Orientation 12:00 Game Club		
23 12:00pm Lunch Bunch		25 12:00 Bingo		
				All Clubs will meet in the Board Room unless specified otherwise!

All Active Older Adult information, including the newsletter, calendar, Silver Club and Silver Social descriptions can be found **with your instructor in all AOA classes or at the Member Service Desk!**