



# JUNE 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
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2	3	4 GAME CLUB (Lobby) 5:30 p.m.	5 NEW MEMBER ORIENTATION (Lobby) 9:30-10 a.m.	6	7 CHEERS TO THE YEARS (Lobby) 11 a.m.	8
9	10 GAME CLUB (Lobby) 9:30 a.m.	11 NEW MEMBER ORIENTATION (Lobby) 5:30-6 p.m.	12 TAI CHI CLUB (Fitness Studio) Noon-1 p.m.	13 WALK WITH A DOC (Lobby) 9-10 a.m.	14	15
16	17 MINDFULNESS CLUB (Lobby) 9:30-10 a.m.	18	19 NEW MEMBER ORIENTATION (Lobby) 9:30-10 a.m.	20 BREAKFAST CLUB (Lobby) 9 a.m.	21	22
23	24 LUNCH BUNCH (Boardroom) Noon-12:30 p.m.	25	26 BINGO (Lobby) 9:30-10 a.m.	27	28	29
30						