



September 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 9-10 a.m. "Share Your Life" Topic: Back to School	3 12 noon Feature Friday Potluck	4
5 YMCA CLOSED	6 YMCA CLOSED	7	8	9 9-10 a.m. "Share Your Life" Topic: Grandparents	10	11
12	13 2:30 p.m. Meet, Greet & Birthday Bingo Treats	14	15	16 9-10 a.m. "Share Your Life" Topic: See You in September	17 8-10 a.m. Feature Friday Break- fast at the Tap House	18
19	20 2:30 p.m. Games & Pizza	21	22	23 9-10 a.m. "Share Your Life" Topic: First Day of Autumn	24 Camp Jackson Fall Colors Trip 9 a.m. to 2 p.m.	25
26	27 2:30 p.m. Ice Cream Social Sponsored by YMCA	28	29	30 9-10 a.m. Books & Bagels		

See back for details on scheduled events →

Volunteers are at the Heart of the YMCA

Since its beginnings in 1889, the YMCA has been creating, managing, and expanding its programs and facilities with the invaluable help of volunteers. Annually, more than 300 people give hours of their time and talents to the well being of youth and adults in our community. What they give of themselves returns in heartwarming and often unexpected ways.

- fitness and swim instructors • child watch aides • receptionists • Strong Kids campaigners • Member Services
- Camp Counselors • Coaches and referees • Special Event workers

The YMCA will: Train and orient you, recognize your needs, be partners with you and place you in a position to enhance your skills and interests. If you are interested in becoming part of the YMCA of Pueblo family of volunteers, please call Andrea at 543-5151 ext 251. Every volunteer hour makes a difference to someone.

September 2010 Schedule of Events

Club A.O.A

Did you know there is a hot new sporty spot right under your own roof? The YMCA Community Center/Game Room is open just to active older adults M/W/F from 2:30-4 p.m.

9/2, 9/9, 9/16, 9/23 9-10 a.m. -

Share Your Life—Journaling ones own memories is important to preserve family records and keep traditions alive and while we encourage all the writers out there to continue to do so, we are actually putting some new “life” into the format, “journal club.” The new format is simply that we encourage anyone and everyone to come join the discussion topic of the day. You don’t have to have any prepared material written. All you need to do is prepare to enjoy fellowship, meet new friends, develop relationships and “Share Your Life!”

9/3, 12:00 noon -

Join us a Potluck Lunch and bring your non member friends!

9/13, 2:30 p.m. -

Meet, Greet & Birthday Bingo Treats is a celebration of September Birthdays. Come have birthday fun with bingo, good company & cake.

9/17, 8-10 a.m. -

Join us for breakfast at The Taphouse at Walking Stick, 4301 Walking Stick Blvd. Amazing view, good food and great friends! \$5/person includes eggs, meat, pastry and beverage. Tax and gratuity not included.

9/20, 2:30 p.m. -

“Games and Pizza” – Challenge your mind with board games, dominos, and cards. Enjoy conversation with friends. Please contribute \$1/slice of pizza.

9/24, 9 a.m. to 2 p.m.

Senior Fall Trip to YMCA Camp Jackson
Come up to see camp’s splendid fall colors and enjoy homemade soup and rolls for lunch. Space is limited so be sure to make your reservation at the program desk.
\$10/person—must pre-register.

9/27, 2:30 p.m. -

Ice Cream Social sponsored by the YMCA

Land Fitness Classes

Tai Chi -

T/TH 9 a.m.

Cardio Circuit -

T/TH 11:15 a.m.

Muscular Strength & Range of Movement -

M, T, W & TH, 10:15 a.m.

YogaStretch -

W, 11:15 a.m.

F, 10:15 a.m.

Weight Circuit -

M, 11:15 a.m.

Zumba Gold Seniors -

W 9-9:55 a.m.

F 9-9:55 a.m.

9/30, 9-10 a.m. -

Books & Bagels will meet Thursday, September 30th at 9 a.m. to discuss this month’s book “Half the Sky” by Nicholas D. Kristof. With Pulitzer Prize winners Nicholas D. Kristof and Sheryl WuDunn as our guides, we undertake an odyssey through Africa and Asia to meet the extraordinary women struggling there, among them a Cambodian teenager sold into sex slavery and an Ethiopian woman who suffered devastating injuries in childbirth. Drawing on the breadth of their combined reporting experience, Kristof and WuDunn depict our world with anger, sadness, clarity, and, ultimately, hope.

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