









# September 2019

## A.O.A. Activity Calendar of Events

Contact: Cheri Ward (719)543-5151 ext.322

3200 E. Spaulding Ave. Pueblo, CO 81008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 YMCA Closed	2 YMCA Closed Labor Day	3	4	5 9-10 Journal Club Topic: My First "Home-Run"	6 12:00 "Back to School" Pot Luck Party!" 	7
8	9 9:00am Date to Motivate  1:00 Paint with Pals Room C	10 Parkinson Support Group 11:15-12:15 Room B & C	11	12 9-10 Journal Club Topic: Chocolate Milk Shake Memories" 	13 11-12 Greeting Card Making Room A 	14
15	16 9:00am Date to Motivate  1:00 Paint with Pals Room C	17	18 Stroke Survivor Support Group 1-3 Room B & C	19 9-10 Journal Club Topic: The "Fall"	20 Breakfast Club 8:00 am Village Inn South  9-2  Fall Colors Camp Jackson Limit 42 see back page	21
22	23 9:00 am Date to Motivate  1:00 Paint with Pals Room C	24 11-12 PeopleCare Health Services Presentation Room C	25	26 9-10 Book Club 	27	28
29	30 9:00 am Date to Motivate 11:00 Game Day 1:00 Paint with Pals Room C					<hr/> <b>See Program Details on Reverse Side</b>

## Wednesday Line Dancing is Back!

1-2 pm 9/4-9/25 Members: \$20.00, Non: \$30.00



### September 2019 Schedule of Events

#### Special Events:

**9/6: - 12:00-1:00 "Back to School Pot Luck Party!":** "National Read a Book Day" is observed annually on Sep. 6th. You will have the opportunity to mingle with honored Y member guest and local author, Shirley Stanelle, who published the inspiring book, "Pick Up the Clay" a nod to her former policeman husband who was hurt in the line of duty and had to change careers. She will have books available to sign for \$15.00. Please bring covered dishes, salads, and limited desserts. Community members welcome, just have them bring an item to share.

**9/13-11:00-12:00 "Cards with Crump":** Pat Crump gives guidance in making festive greeting cards and scrap-booking tips. Supplies provided.

**9/20 Fall Colors Camp Jackson Lunch and Optional Hike:** Enjoy homemade rolls and soup for lunch. \$10.00 registration due to the front desk to reserve seat on Y-bus. Limit 42. We leave the Y prompt at 9:00 am, back by 2:00 pm.

**"Date to Motivate" Mondays 9:00 am:** New and previous members alike can come Monday morning for senior membership information and a tour from Cheri Ward, Membership Specialist for Active Older Adults. It is a perfect time to bring non-member friends to introduce them to the Y too!

**September 5, 12, 19 - 9:00am Thursday Journal Club:** Journaling one's life story is a fun way to preserve family records, keep traditions alive and to refresh cherished memories. Studies prove the therapeutic benefits of writing and reflection. Weekly topics are presented in an open forum so you can join these relationship building discussions at any time with or without written material prepared. See front of calendar for topics.



#### **Mondays! 1:00-3:00 pm Paint with Pals:**

Bring your own projects and supplies and share techniques and conversation with fellow painters.

**9/20 8:00 am "Breakfast Club":** All are welcome to meet at Village Inn South and B.Y. B (buy your own breakfast) 1707 S. Pueblo Blv. 561-1228

**9/24 11-12 People Care presentation:** For more information search [www.PeopleCareHS.com](http://www.PeopleCareHS.com)

**9/30 11-1 Brown Bag Lunch and Board Games:** Pack your lunch and come enjoy a game day with friends.

#### **9/26, 9-10 am Book Club:**

Book Club is a great way to expand your horizons, improve your reading skills, promote learning and enjoy stimulating conversation while building lasting relationships. This month's selection is "The Sense of an Ending" by Julian Barnes. This novel follows a middle-aged man as he contends with a past he has never much thought about until his oldest friends return with a vengeance, one of them from the grave, another maddeningly present. Tony Webster thought he'd left all of this behind as he built a life for himself, and by now his marriage and family and career have fallen into an amicable divorce and retirement. But he is then presented with a mysterious legacy that obliges him to reconsider various things, and to revise his estimation of his own nature and his place in the world.



## Pickleball

The great and popular game of Pickleball is a racquet sport which combines elements of badminton and tennis.



**Monday and Friday 9:30am-12:30 pm**

**Wednesday and Thursday 2:15-4:30 pm**



Ladies,  
Interested in becoming a member of the Red Hat Society? Contact Becky Kurlmel @ 402-594-7019.