

JUNE 2022 - Healthy for Life – Senior Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL ACTIVITIES at the YMCA PROGRAM CENTER LOCATION unless noted.		1	2	3 Birthday Lunch at the Prisma Location Better Bites Café \$6 11:30	4
6 ARTHRITIS LUNCH OUT Sweet Catherine's *sign up at YPC front desk for a head count	7	8 Bible Study – 11:45	9	10 Bus Trip Lunch & Mini Shopping Trip out - \$4 – Upcountry Provisions & shopping in Traveler's Rest 10:45	11
13	14	15 Bible Study – 11:45	16 NAPOLI LUNCH OUT *sign up at the YPC front desk for a head count	17	18
20	21	22 Bible Study – 11:45	23	24 Bus Trip -\$6 The Happy Berry Blueberries & Blackberries 9:00-3:00ish	25
27	28	29	30		PICKLEBALL M-F 7-8:30 *Open Courts **Exception: if it rains there is no space available



SENIOR ACTIVITIES



Mission Statement:
The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.

JUNE ACTIVITIES: *ALL Activities are at the YMCA Program Center unless otherwise noted.*

3rd: Monthly Birthday Lunch: On the first Friday of each month, we celebrate birthdays! It doesn't have to be your birthday to celebrate! Please Join us at the Prisma Location in the café with a pre-selected menu to choose from and a cupcake. Cost \$6.

6th: Arthritis Lunch: This member organized lunch is BACK after a long time. It will be the first Monday of the month w/ a new restaurant location Each month. JUNE is Sweet Catherine's In Ft. Inn@ 11:30. There is a sign up sheet at the YPC location so they have a head count ahead of time. Members will drive themselves to and from the restaurant.

10th: Bus Trip Lunch: Upcountry Provisions(Traveler's Rest) & short shopping trip: Bus will leave YPC location at 10:45 and return By 3pm with a quick after lunch shopping trip to local TR shops. \$4 bus fare + lunch. **Registration at the front Desk by 6/8** to prepare busses & make reservations.

16th: Water Fitness Lunch @ Napoli: This is a member-organized lunch that rotates Tuesday & Thursdays at Napoli Restaurant on Woodruff Road @ 11:30. There is a signup sheet at the YPC location so they have a count ahead of time. Members will Drive themselves to and from the restaurant.

24th: Trip to The Happy Berry: Location: Six Mile: Bus leaves YPC location promptly at 9:00 & will return between 2-3pm. \$6 Bus fare + extra for berries. There will be Blueberries & Blackberries ripe to pick and we WILL be picking on this trip. There is availability to purchase prepicked Berries. BRING A BAG LUNCH. There is shade and picnic tables available to lunch at! **Registration at the front Desk by 6/22** to prepare busses.

*****PLEASE NOTE that bus trips leave PROMPTLY at the published time.**

ONGOING Activities: SUMMER SCHEDULE **includes changes due to summer Day Camp*

PICKLEBALL -DAILY 7-8:30am *In the event of Rain Pickleball is CANCELLED **More hours will be available when school starts back!

BIBLE STUDY – Wednesdays 11:45

QUESTIONS about activities? Please contact Lori Dredge at ldredge@ymcagreenville.org or 963-3605 ext.12