

DECEMBER 2022 Healthy For Life!



ACTIVE OLDER ADULTS ACTIVITIES

MON	TUE	WED	THU	FRI	SAT	
PICKLEBALL M-F 7a-12:30p Open Courts, any weather		ALL ACTIVITIES held at the YMCA PROGRAM CENTER unless otherwise noted		1	2 Birthday Lunch 11:30a @ PHY Better Bites Cafe (\$6)	3
5	6	7 Bible Study & Prayer 11:45a	8	9 Holiday Potluck Lunch & Bingo 11:30 YPC Gym	10 Pickleball Social: play & socialize 4-7p	
12	13	14 Bible Study & Prayer 11:45a	15	16 Bus Trip: Festival of Trees & Lunch out (\$4) 9:30	17	
19	20	21 Bible Study & Prayer 11:45a	22	23	24	
26	27	28 *No Bible Study today	29	30	31	



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

2nd: 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 Health Family Y location in the café with a pre-selected menu to choose from and a cupcake. 11:30:

Cost: \$6

9th: Annual Christmas Potluck & Bingo

This longstanding tradition is much anticipated each year! YPC Gymnasium. Please bring a dish and sign up at the front desk at the YPC LOCATION. 11:30. Bingo to follow, after lunch.

10th: Pickleball Play & Social

Whether you play each week or are new to Pickleball we would love to have you join us in the YPC Gymnasium. Asking for you to bring an appetizer/snack to share. Drop in between 4-7pm

16th: Bus Trip: Festival of Trees & Lunch to Rocky's Hot Chicken Shack

Join us for a fun Bus Trip to look at the Christmas trees at the Hyatt downtown Greenville then out to lunch after! \$4 bus fare + lunch **Bus will leave YPC at 9:30a** and return no later than 1:30p.

Register at the Front Desk by 12/14 so we can prepare buses and make reservations.

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

ONGOING ACTIVITIES:

Pickleball – Daily, 7a-12:30p, rain or shine

Bible Study & Prayer – Wednesdays, 11:45

QUESTIONS about activities?

Please contact Lori Dredge at

lori.dredge@ymcagreenville.org or 864-963-3605

ext.12