

MAY 2023 Healthy For Life!



ACTIVE OLDER ADULTS ACTIVITIES

MON	TUE	WED	THU	FRI	SAT
1	2	3 Bible Study & Prayer 11:45a	4	5 Birthday Lunch 11:30a @ PHY (\$5 - Cinco De Mayo taco bar & cupcakes)	6
8 The Tech Store @ PHY 9:45-10:45a FREE cellphone information & help table	9 Movie Day @ Regal Simpsonville 1:15p	10 Bible Study & Prayer 11:45a	11	12 Bus Trip: Lunch Out @ Airport Cafe 10:45a (\$4 bus fare + lunch) Pickleball Workshop @ YPC 9:30a	13
15	16 Lunch Out Napoli 11:30a sign up @ YPC front desk for headcount	17 Bible Study & Prayer 11:45a	18	19 BINGO 11:30a @ YPC (FREE to members)	20
22	23	24 Bible Study & Prayer 11:45a	25	26 Pickleball Workshop @ YPC 9:30a	27
29	30	31 Bible Study & Prayer 11:45a	<div style="border: 2px solid teal; border-radius: 20px; padding: 10px; display: inline-block;"> <p>ALL ACTIVITIES held at the YMCA PROGRAM CENTER unless otherwise noted</p> </div> <div style="border: 2px solid teal; border-radius: 20px; padding: 10px; display: inline-block; margin-left: 20px;"> <p>PICKLEBALL M-F 7a-12:30p @ YPC M-F @ PHY* *(see back for times)</p> </div>		



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

5th: 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 for a Cinco De Mayo taco bar and a cupcake. **Time: 11:30a Cost: \$5**

8th: The Tech Store

The Tech Store will be at the Prisma Health Family Y! There will be a representative to help people of all ages understand how to use their technology. Bring your smartphone, tablet, or laptop and we will help you feel more confident using your smart devices! **Time: 9:30a-11a**

9th: Movie Day

Looking for a fun afternoon out? Meet us at the **Regal Simpsonville movie theater** to watch a movie together! We'll be viewing *Love Again* @ 1:15p. Tickets and concessions are per individual.

12th: Bus Trip: Lunch @ Airport Cafe

Join us for a fun Bus Trip to have lunch at the Airport Café! \$4 bus fare + lunch **Bus will leave YPC at 10:45a** and return no later than 1:30p. **Register at the Front Desk by 4/10** so we can prepare buses and make reservations.

12th & 26th: Pickleball Workshop

Never played pickleball, but want to join in on the fun? This workshop is for YOU! Join us in the YMCA Program Center Gymnasium to learn the basics of this sport! Equipment will be provided. Register at the Welcome Center or on Group Ex Pro. **Time: 9:30a-11a**

16th: Lunch @ Napoli:

This volunteer-led lunch is the perfect opportunity to meet fellow Y members! Participants are to meet at **Napoli Restaurant on Woodruff Rd @ 11:30a**. Sign up at the YPC Front Desk to secure reservations. Members will drive themselves to and from the restaurant.

19th: BINGO!

Join us for an afternoon of fun! This is a FREE event with great prizes to win! You are welcome to bring a bag lunch or snacks! Please register on Group Ex Pro or at the Welcome Center!

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

ONGOING ACTIVITIES:

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

Pickleball @ PHY – M,W,F 12-3p; T,Th 8a-12p

Bible Study & Prayer – Wednesdays, 11:45a

QUESTIONS about activities?

Please contact Lori Dredge at lori.dredge@ymcagreenville.org or 864-963-3605 ext.12