

# APRIL 2024 Healthy For Life!



MON	TUE	WED	THU	FRI	SAT
1	2	3 Bible Study & Prayer 12:15p	4	5	6
8 The Tech Store @ PHY 9:45-10:45a FREE cellphone information & help table	9	10 Bible Study & Prayer 12:15p	11	12 Bus Trip: Lunch @ Cateran's 10:45a \$3 bus fare; sign up at front desk for headcount	13
15	16	17 Bible Study & Prayer 12:15p	18 Lunch Out Napoli 11:30a sign up at front desk for headcount	19 Bus Trip: Landrum 9a-4p \$6 bus fare; sign up at front desk	20
22	23	24 Bible Study & Prayer 12:15p	25	26	27
29	30	<div style="border: 2px solid red; border-radius: 50%; padding: 10px; text-align: center;"> <p><b>PICKLEBALL @ PHY</b> M, W, F: 12p-3p T, TH: 6:30a-3p</p> </div>		<div style="border: 2px solid purple; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>SAVE THE DATE:</b> Our annual bus trip to Strawberry Fields is right around the corner! Plan to spend the day with us on Friday, May 10th!</p> </div>	

**ACTIVE OLDER  
ADULTS ACTIVITIES**



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

**8th: The Tech Store**

The Tech Store will be at the Prisma Health Family Y! A representative will be present 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: 9:45a-10:45a      Location: PHY

**12th: Bus Trip: Lunch @ Cateran's Southern Home Cooking**

Have a conversation filled lunch with your friends from the Y! Join us for a buffet style lunch with great southern style food! Please register at the front desk by 4/10 so we can prepare our buses. Bus fare is \$3. We will depart from the Y promptly at 10:45a, and return no later than 1:30p.

Time: 10:45a      Location: Meet at PHY

**18th: 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 PHY Front Desk to secure reservations. Members will drive themselves to and from the restaurant.

Time: 11:30a      Location: Woodruff Rd

**19th: Bus Trip: Landrum, SC**

Join us for a shopping excursion in Landrum, SC! We will drop our group off in a major shopping area, where you're able to explore Landrum's cute shops, antique stores, and restaurants at your own pace! The group will be picked up at designated time and location to return back to the Y. Please register at the front desk by 4/19 so we can prepare our busses. Bus fare is \$6. We will leave the Y promptly at 9a and return no later than 4p.

Time: 9a      Location: Meet at PHY

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

**ONGOING ACTIVITIES:**

Pickleball @ PHY – M/W/F: 12p-3p, T/Th: 6:30a-3p  
Bible Study & Prayer – Wednesdays, 12:15p  
(in the Childwatch Room)

**QUESTIONS about activities?**

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