

AUGUST 2024 Healthy For Life!



MON	TUE	WED	THU	FRI	SAT
<p>*UPDATED* PICKLEBALL HOURS @ PHY M, W, F: 12p-3p T, TH: 6:30a-3p</p>			1	2	3
5	6	7 Bible Study & Prayer 12:15p	8	9 Bus Trip: Lunch at Harvey's Family Restaurant 10:45a \$3 bus fare; sign up at front desk for headcount	10
12	13	14 Bible Study & Prayer 12:15p	15 Lunch Out Napoli 11:30a sign up at front desk for headcount	16	17
19	20	21 Bible Study & Prayer 12:15p	22 Bus Trip: Antique Shopping & Lunch at Little Mountain 8:50a \$5 bus fare	23	24
26	27	28 Bible Study & Prayer 12:15p	29	30	31

ACTIVE OLDER ADULTS ACTIVITIES



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

9th: Bus Trip: Lunch @ Harvey's Family Restaurant

Join your Y friends for good food and great conversation at a long-time meat and vegetables restaurant! Please register at the front desk by 8/8 so we can prepare our busses. Bus fare is \$3, and we will depart from the Y promptly at 10:45a.

Time: 11:45a

Location: 3209 Wade Hampton Blvd Suite 1, Taylors

15th: Lunch @ Napoli

This volunteer-led lunch is a great chance to meet fellow Y members! Participants 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: 2531 Woodruff Rd, Simpsonville

22nd: Antique Shopping & Lunch @ Little Mountain Antique Mall

This will be a road trip you won't want to miss! Join us for a morning of antique hunting at Little Mountain Unlimited; an amazing 2 story antique and curio store!. Afterwards, we'll have an amazing lunch together at the shop's connected café! Please register at the front desk by 8/20 so we can prepare our busses. The bus fare is \$5, and the travel time 62 minutes each way. We will leave the YMCA promptly at 8:50a, and return by 1:30p.

Time: 8:50a

Location: 1528 Main St, Little Mountain

ONGOING ACTIVITIES:

Pickleball @ PHY – M/W/F: 12p-3p, T/Th: 6:30a-3p

newly updated pickleball hours starting 8/8

Bible Study & Prayer – Wednesdays, 12:15p

(in the Childwatch Room of the PHY building)

QUESTIONS about activities?

Please contact Lori Dredge at

lori.dredge@ymcagreenville.org or 864-963-3605 ext.12