



JULY 2024 Healthy For Life!

MON	TUE	WED	THU	FRI	SAT
1	2	3 Bible Study & Prayer 12:15p	4  Happy 4th of July! Holiday Hours: 7a-1p	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 Lunch Meet Up: Spice Diner 11:45a 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	20
22	23	24 Bible Study & Prayer 12:15p	25 Potluck Social 11:45a 	26	27
29	30	31 Bible Study & Prayer 12:15p	PICKLEBALL @ PHY M, W, F: 12p-3p T, TH: 6:30a-3p		

the
YMCA



ACTIVE OLDER ADULTS ACTIVITIES



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

Please note that we are unable to use the busses during the summer, as they are needed for Day Camp programming. We will resume trips mid-August. Thank you for your understanding!

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: Lunch @ Spice Diner

We'll meet you at Spice Diner for lunch! Join us for good food and even better conversation! Be sure to sign up at the front table near the front desk so we can secure reservations for our group.

Time: 11:45a Location: 2617 Woodruff Rd, Simpsonville, SC 29681

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: 2531 Woodruff Rd, Simpsonville

25th: Potluck Social

Join us at the Prisma Health Family YMCA for a potluck and plenty of socializing! Bring a dish to share with your Y friends! Make sure to sign up at the seniors table near the front desk to see what everyone is bringing and what is still needed! Side note: Everyone can't bring a dessert!

Time: 11:45a Location: 633 SE Main St, Simpsonville

ONGOING ACTIVITIES:

Pickleball @ PHY – M/W/F: 12p-3p, T/Th: 6:30a-8a & 12p-3p

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