

NOVEMBER 2024 Healthy For Life!



ACTIVE OLDER ADULTS ACTIVITIES

MON	TUE	WED	THU	FRI	SAT
<p>PICKLEBALL @ PHY M, W, F: 12p-3p T, TH: 6:30a -8:30a & 11:30a-3p</p>	<p>SAVE THE DATE: 12/5: GVL Holiday Fair (arts & craft show) 12/12: Annual Christmas Potluck & BINGO Lunch</p>			1	2
4	5	6 Bible Study & Prayer 12:15p	7	8 Bus Trip: Lunch @ Sweet Catherine's & The Fountain Inn Food Market 10a \$3 bus fare; sign up at front desk for headcount	9
11	12	13 Bible Study & Prayer 12:15p	14	15	16
18	19 Craft Corner: Fall Leaf Luminaries 12:15p \$5 supply cover; register at front desk beforehand	20 Bible Study & Prayer 12:15p	21 Lunch Out Napoli 11:30a sign up at front desk for headcount	22 Bus Trip: Festival of Trees & Breakfast 9:30a \$3 bus fare; sign up at front desk for headcount	23
25	26	27 Bible Study & Prayer 12:15p	28 Happy Thanksgiving! the YMCA is closed for the holiday	29	30



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

8th: Bus Trip Lunch @ Sweet Catherine's & The Fountain Inn Food Market

Have a conversation filled lunch with your friends from the Y! Join us for lunch with fresh Southern style food! We will also take some time to walk to the Fountain Inn Food Market and explore locally sourced foods and prepared meals! Please register at the front desk by 11/6 so we can prepare our buses. Bus fare is \$3. We will depart from the Y promptly at 10a.

Time: 10a-1:30p

Location: Meet at PHY

19th: Craft Corner Fall Leaf Luminaries

Join us for an afternoon of festive fall crafting! We will adorn glass mason jars with fall colored leaves to catch the light of twinkling tealights inside! All supplies provided, with a \$5 supply cover. Please register at the front desk by 11/15, so we can prepare supplies for crafting!

Time: 12:15p-1:30p

Location: PHY Childwatch Room

21st: 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

22nd: Bus Trip The Festival of Trees & Breakfast

Join us for a delicious breakfast at Eggs Up Grill, after which we'll head to opening day of The Festival of Trees! Please register at the front desk by 11/20 so we can prepare our busses. Bus fare is \$3. Please bring money for breakfast. We will leave the Y promptly at 9:30a and return no later than 1:30p.

Time: 9:30a-1:30p

Location: Meet at PHY

SAVE THE DATE

Mark your calendars for some of the fun events that are happening in December!

12/5: GVL Holiday Fair

12/12: Annual Christmas Potluck & BINGO Luncheon

*****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-8:30a & 11:30a-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