

August - Active Adults Activities



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1:00 - 3:00 pm
4 PickleBall 1 - 3pm (subject to change) Diamond Art/Game of Choice 1-3pm	5 Bingo 12:15 -1:15 PickleBall 1 - 3pm	6 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	7 Lunch and Learn - How to cope with resistance to change. 12:15-1:15pm PickleBall 1 - 3pm	8 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1:00 - 3:00 pm
11 PickleBall 1 - 3pm (subject to change) Diamond Art/Game of Choice 1-3pm	12 Trivia Friendship Themed 12:15 - 1pm PickleBall 1 - 3pm	13 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	14 Social Activity - Friendship Day Ice Cream Social PickleBall 1 - 3pm	15 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1:00 - 3:00 pm
18 PickleBall 1 - 3pm (subject to change) Diamond Art/ Game of Choice 1-3pm	19 Volunteer Opportunity - Greeter at YMCA Membership Desk. Sign up for time slot. PickleBall 1 - 3pm	20 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	21 Craft - Friendship Basket 12:15 - 2pm (\$5.00) PickleBall 1 - 3pm	22 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1:00 - 3:00 pm
25 PickleBall 1 - 3pm (subject to change) Diamond Art/ Game of Choice 1-3pm	26 Book Club The Stranger on the Boat 12:15 - 1pm PickleBall 1 - 3pm	27 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	28 Movie - "My Girl" 12:15 - 2pm PickleBall 1 - 3pm	29

Register online or at the member service desk for activities.

Contact Cathy Mason: 803-774-2507 or cmason@ymcasumter.org

SUMTER FAMILY YMCA 510 Miller Road Sumter, SC 29150 803-773-1404 ymcasumter.org

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Bible Study - Bible study is an important part of developing a deeper faith and understanding of God's word. Engage in a rewarding experience as it helps us to grow spiritually by engaging in meaningful conversations with others about the scriptures, gaining new perspectives, and learning valuable lessons.

Crafts - Learn how to make a variety of DIY crafts. No experience necessary.

Diamond Art - Similar to both cross-stitch and paint-by-number. Bring your own diamond art and join the diamond art group.

Game Day - A variety of games to choose from or bring one you would like to play.

Lunch and Learn - Have lunch on us and learn information about a variety of topics.

Movie - Join us the last Friday of the month for a faith based featured film.

Pickleball - a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is for players 20yrs and up and for all skill levels.

Social Activity - a variety of themed celebrations throughout the year

Volunteer Opportunity - Help welcome our members to our YMCA by being a volunteer greeter.

Bowling at Gamecock Lanes - Come bowling with your YMCA friends. We will meet up at the bowling alley on Fridays for a couple hours of fun. Cost is \$4 per hour and shoes are included.