

May - Active Adults Activities



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lunch and Learn - Understanding Food Labels by Cathy Mason 12:15 - 2pm PickleBall 1 - 3pm	2
5 PickleBall 1 - 3pm (subject to change) Diamond Art/Game of Choice 1-3pm	6 Bingo 12:15 - 2pm PickleBall 1 - 3pm	7 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	8 Social Activity – Bowling field trip to Gamecock Lanes 1:00 3:00 pm PickleBall 1 - 3pm	9
12 PickleBall 1 - 3pm (subject to change) Diamond Art/Game of Choice 1-3pm	13 Trivia 12:15 - 2pm PickleBall 1 - 3pm	14 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	15 Craft - Flower pot decorating 12:15 - 2pm (\$5.00) PickleBall 1 - 3pm	16
19 PickleBall 1 - 3pm (subject to change) Diamond Art/ Game of Choice 1-3pm	20 Volunteer Opportunity - Greeter at YMCA Membership Desk. Sign up for time slot. PickleBall 1 - 3pm	21 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	22 Movie - God's Not Dead 2 12:15 - 2pm PickleBall 1 - 3pm	23
26 PickleBall 1 - 3pm (subject to change) Diamond Art/ Game of Choice 1-3pm	27 Book Club - 12:15 - 2pm PickleBall 1 - 3pm	28 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	29	30

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 appropriate for players of all ages and 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.