

November - Active Adults Activities



Monday	Tuesday	Wednesday	Thursday	Friday
3 PickleBall 1:00 - 3:00 pm (subject to change) Diamond Art/Game of Choice 1:00 - 3:00 pm	4 Bingo 12:15 - 1:15pm PickleBall 1:00 - 3:00 pm	5 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	6 Lunch and Learn –Free Services and Resources offered by Tandem Healthy 12:15 - 1:15pm PickleBall 1:00 - 3:00 pm	7 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1:00 - 3:00 pm
10 PickleBall 1:00 - 3:00 pm (subject to change) Diamond Art/Game of Choice 1:00 - 3:00 pm	11 Trivia - Thanksgiving Theme 12:15 - 1pm PickleBall 1:00 - 3:00 pm	12 Bible Study 10 - 11am * Social Activity - Brunch “ NO COOK ” pot luck. Bring a dish you don’t have to cook 12:15-1:15 PickleBall 1:00 - 3:00 pm	13 * Diamond Art/Game of Choice 1 - 3pm PickleBall 1:00 - 3:00 pm	14 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1:00 - 3:00 pm
17 PickleBall 1:00 - 3:00 pm (subject to change) Diamond Art/Game of Choice 1:00 - 3:00 pm	18 Volunteer Opportunity - Greeter at YMCA Membership Desk. Sign up for time slot. PickleBall 1:00 - 3:00 pm	19 Bible Study 10 - 11am PickleBall 1:00 - 3:00 pm Diamond Art/Game of Choice 1 - 3pm	20 Craft - Reversible Pumpkin/Snowman 12:15 - 2pm (\$5.00) PickleBall 1:00 - 3:00 pm	21 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1:00 - 3:00 pm
24 PickleBall 1:00 - 3:00 pm (subject to change) Diamond Art/Game of Choice 1:00 - 3:00 pm	25 Book Club 12:15—1pm PickleBall 1:00 - 3:00 pm	26 Bible Study 10 - 11am PickleBall 1:00 - 3:00 pm Diamond Art/Game of Choice 1:00 - 3:00 pm	27 Happy Thanksgiving 	28 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1:00 - 3:00 pm

* **Activity Swap**



TURKEY TROT & GOBBLER DASH

Join us to run, walk or volunteer. Registration for participating in the 5k is posted on our website and in the facility.
 If you are interested in volunteering, please confirm your availability with Cathy by Friday, November 14.

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.