

September - Active Adults Activities



Monday	Tuesday	Wednesday	Thursday	Friday
1 PickleBall 1 - 2pm (subject to change) Diamond Art/Game of Choice 1 - 2pm (Labor Day Closing at 2:00pm)	2 Bingo 12:15 - 1:15 PickleBall 1 - 3pm	3 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	4 Lunch and Learn - S.A.D. (Stress, Anxiety, Depression) to wellness by Jean Lambert 12:15-1:15pm PickleBall 1 - 3pm	5 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1 - 3pm
8 PickleBall 1 - 3pm (subject to change) Diamond Art/Game of Choice 1 - 3pm	9 Trivia - Labor Day 12:15 - 1pm PickleBall 1 - 3pm	10 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	11 Social Activity - Murder Mystery on the Train Lunch (\$5.00 per ticket. Tickets purchased at front desk) 12:15 - 2pm PickleBall 1 - 3pm	12 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1 - 3pm
15 PickleBall 1 - 3pm (subject to change) Diamond Art/Game of Choice 1 - 3pm	16 Volunteer Opportunity - Greeter at YMCA Membership Desk. Sign up for time slot. PickleBall 1 - 3pm	17 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	18 Craft - Fall Busted Canvas 12:15 - 2pm (\$5.00) PickleBall 1 - 3pm	19 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1 - 3pm
22 PickleBall 1 - 3pm (subject to change) Diamond Art/ Game of Choice 1 - 3pm	23 Book Club "The Girls with No Names." A tale of Sisterhood and Survival in 1910s. 12:15 - 1pm PickleBall 1 - 3pm	24 Bible Study 10 - 11am PickleBall 1 - 3pm Diamond Art/Game of Choice 1 - 3pm	25 Movie - The Guernsey Literary and Potato Peel Pie Society 12:15 - 2pm PickleBall 1 - 3pm	26 Bowling at Gamecocks Lanes (\$4.00 per hour) includes shoes 1 - 3pm
29 PickleBall 1 - 3pm (subject to change) Diamond Art/ Game of Choice 1 - 3pm	30 Gardening Club 12:15 - 1pm PickleBall 1 - 3pm			

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.