

# January - Active Adults Activities



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
|  |  |  | 1<br><b>No Activity<br/>Happy New Year!</b>   | 2<br><b>Bowling at Gamecocks Lanes</b><br>(\$4.00 per hour)<br>includes shoes<br>1:00 - 3:00 pm  |
| 5<br><b>PickleBall</b> 1:00 - 3:00 pm<br>(subject to change)<br><br><b>Diamond Art/Game of Choice</b><br>1:00 - 3:00 pm  | 6<br><b>Bingo</b> 12:15 - 1:15 pm<br><br><b>PickleBall</b> 1:00 - 3:00 pm  | 7<br><b>Bible Study</b> 10 - 11 am<br><br><b>PickleBall</b> 1 - 3pm<br><br><b>Diamond Art/Game of Choice</b><br>1 - 3pm                | 8<br><b>Lunch and Learn</b> – Why New Years Resolutions matter to seniors.<br>12:15 - 1:15 pm<br><br><b>PickleBall</b> 1:00 - 3:00 pm | 9<br><b>Bowling at Gamecocks Lanes</b><br>(\$4.00 per hour)<br>includes shoes<br>1:00 - 3:00 pm  |
| 12<br><b>PickleBall</b> 1:00 - 3:00 pm<br>(subject to change)<br><br><b>Diamond Art/Game of Choice</b><br>1:00 - 3:00 pm | 13<br><b>Trivia - New Years Theme</b><br>12:15 - 1 pm<br><br><b>PickleBall</b> 1:00 - 3:00 pm  | 14<br><b>Bible Study</b> 10 - 11 am<br><br><b>PickleBall</b> 1:00 - 3:00 pm<br><br><b>Diamond Art/Game of Choice</b><br>1 - 3pm        | 15<br><b>Social Activity</b> — Warm Wishes for the New Year Hot Cocoa Party 12:15 - 2:00 pm<br><br><b>PickleBall</b> 1:00 - 3:00 pm   | 16<br><b>Bowling at Gamecocks Lanes</b><br>(\$4.00 per hour)<br>includes shoes<br>1:00 - 3:00 pm |
| 19<br><b>PickleBall</b> 1:00 - 3:00 pm<br>(subject to change)<br><br><b>Diamond Art/Game of Choice</b><br>1:00 - 3:00 pm | 20<br><b>Volunteer Opportunity</b> - Greeter at YMCA Membership Desk. Sign up for time slot.<br><br><b>PickleBall</b> 1:00 - 3:00 pm | 21<br><b>Bible Study</b> 10 - 11 am<br><br><b>PickleBall</b> 1:00 - 3:00 pm<br><br><b>Diamond Art/Game of Choice</b><br>1:00 - 3:00 pm | 22<br><b>Craft - Paint by number</b><br>12:15 - 2pm (\$8.00)<br><br><b>PickleBall</b> 1:00 - 3:00 pm                                  | 23<br><b>Bowling at Gamecocks Lanes</b><br>(\$4.00 per hour)<br>includes shoes<br>1:00 - 3:00 pm |
| 26<br><b>PickleBall</b> 1:00 - 3:00 pm<br>(subject to change)<br><br><b>Diamond Art/Game of Choice</b><br>1:00 - 3:00 pm | 27<br><b>Book Club</b> 12:15 - 1 pm<br><br><b>PickleBall</b> 1:00 - 3:00 pm  | 28<br><b>Bible Study</b> 10 - 11 am<br><br><b>PickleBall</b> 1:00 - 3:00 pm<br><br><b>Diamond Art/Game of Choice</b><br>1:00 - 3:00 pm | 29<br><b>Movie- "Sarah's Oil"</b> (\$2.00)<br>12:15 - 2:00 pm   | 30<br><b>Bowling at Gamecocks Lanes</b><br>(\$4.00 per hour)<br>includes shoes<br>1:00 - 3:00 pm |

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**SUMTER FAMILY YMCA** 510 Miller Road Sumter, SC 29150 803-773-1404 [ymcasumter.org](http://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.