



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 AOA Board Games 12:00-1:30PM
4 Santa Monica College Emeritus Workshop presented by Santa Monica College 11:30-1:00PM	5 Ping Pong (Adv.) 9:30-10:30AM Red Cross Blood Drive 10:00-4:00PM	6 Sing-Along with Shirley 11:30-12:30PM FEAST Nutrition 4:30-5:30PM	7 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	8 AOA Board Games 12:00-1:30PM
11 Finance Workshop presented by Griffin Hailey 11:30-1:00PM	12 Ping Pong (Adv.) 9:30-10:30AM	13 California Native Plant & Fire Restoration presented by California Native Plant Society 11:30-1:00PM	14 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	15 AOA Board Games 12:00-1:30PM
18 AOA Coffee & Board Games 11:30-1:00PM	19 Ping Pong (Adv.) 9:30-10:30AM	20 Meals on Wheels Presentation presented by Meals on Wheels West 11:30-1:00PM	21 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	22 AOA Board Games 12:00-1:30PM
25 AOA Coffee & Board Games 11:30-1:00PM	26 Ping Pong (Adv.) 9:30-10:30AM	27 Audiology Presentation presented by Kirsch Audiology 11:30-1:00PM	28 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	29 AOA Board Games 12:00-1:30PM

Thanks to Co-opportunity Market & Shake Shack for sponsoring our events

CO-OPPORTUNITY
MARKET

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For more information, contact: Matthew Takahashi | matthew@ymcasm.org | 310 393-2721 ext 116